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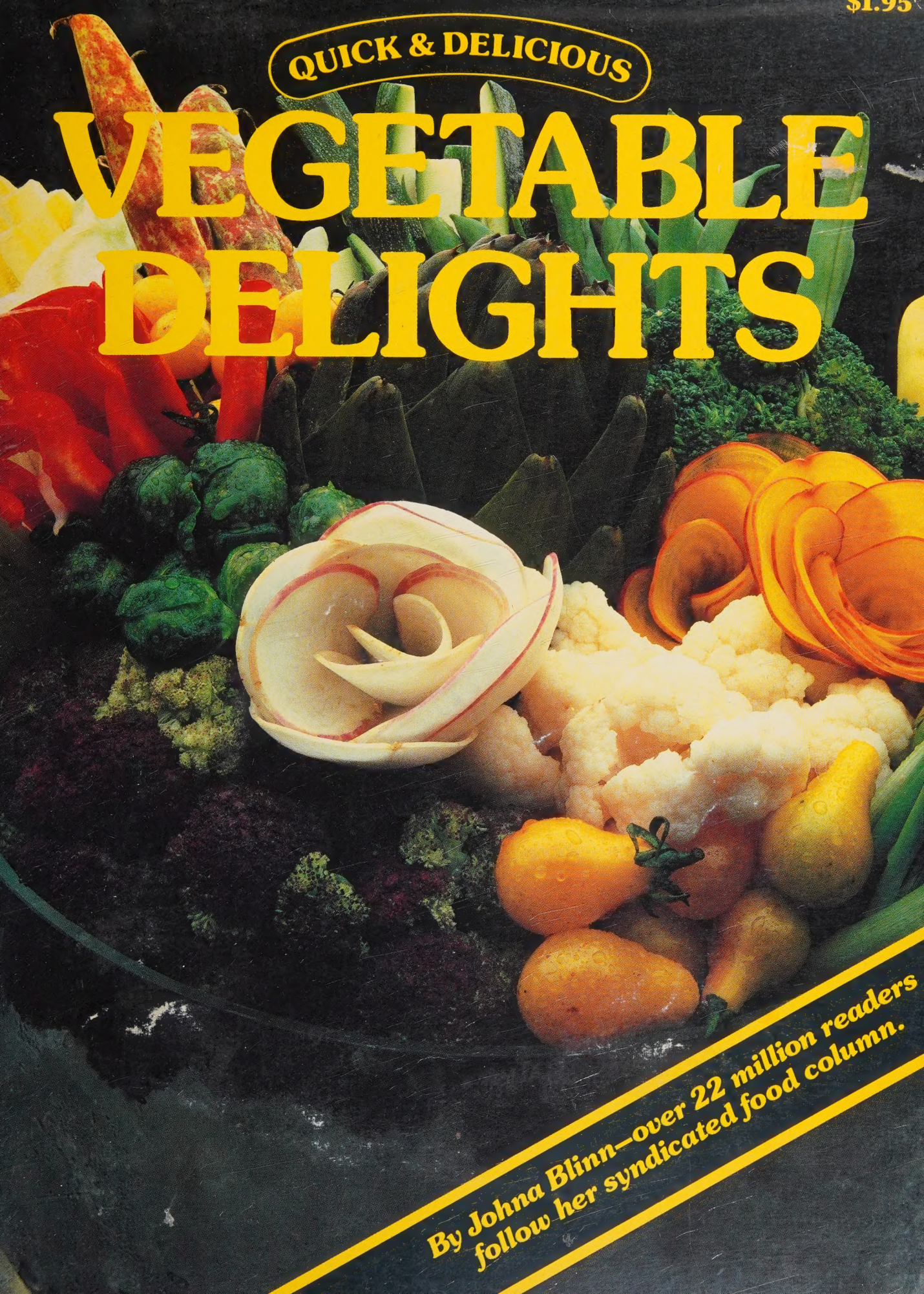
QUICK & DELICIOUS

VEGETABLE DELIGHTS



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VEGETABLE DELIGHTS

by

Johna Blinn

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J.B.

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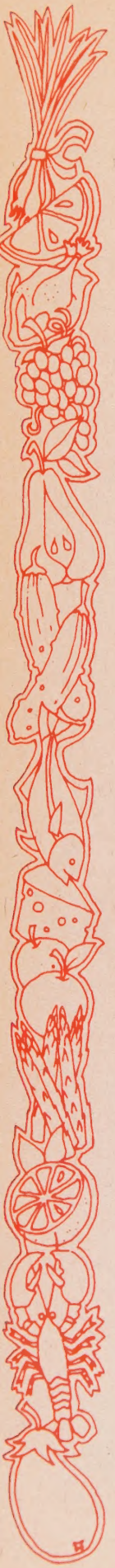
The Author

To many of the top movie and television stars, Johna Blinn is a celebrity. For almost 20 years they have welcomed her into their homes, onto sets, just about anywhere to talk about food, entertaining and lifestyles. Her column, "Celebrity Cookbook," is syndicated throughout the world and appears weekly in more than 140 newspapers and periodicals. A collection of hundreds of these conversations and recipes appears in *Celebrity Cookbook*, published by Waldman Publishing Corporation. Currently, Johna Blinn is writing a series on Celebrity Food-styles for *FAMILY CIRCLE*, America's largest supermarket magazine (circulation, 20 million), where she has already profiled Tom Brokaw, Angela Lansbury, John Madden, Michael Landon, Robert Urich, Raymond Burr, Steve Garvey, Diane Sawyer and others.

Blinn is a former assistant food editor of LOOK magazine and is the author of a number of books, including *The Shangri-la Cookbook, Fabulous Appetizers, Fabulous Soups, Fabulous Salads, Fabulous Vegetarian Recipes, Fabulous Poultry & Game, Fabulous Meats, Fabulous Fish & Seafood, Fabulous Desserts, Fabulous Low Calorie Recipes, Fabulous Oriental Recipes, Fabulous Oven & Stovetop Recipes,* and *Fabulous Italian Recipes,* all published by Waldman Publishing Corporation. In addition, Blinn is a frequent contributor of up close and personal interviews, profiles and entertainment features to *USA TODAY* and other American and foreign newspapers and magazines.

A graduate of the State University of Iowa, Blinn took graduate work in Home Economics at the University of Wisconsin and taught home economics in Iowa, Virginia and New York. Now based in Los Angeles, she is married to a nationally known newspaper syndicate editor, writer and management consultant, and they have two grown children.



Introduction

Versatile vegetables are fast becoming a newly discovered food to health-conscious, weight-watching Americans. Cooking vegetables is fun and easy too. The array of vegetables available to us—fresh, frozen or canned—are so numerous, there's no longer any excuse to look on them as an afterthought. Star vegetables as you plan your menus, serving them alone in delightful new ways or teaming them with old favorites.

Not only are most vegetables low in calories, they also add a wonderful touch of color, flavor and texture to glamourize meal planning. Vegetables abound in essential vitamins and minerals (some unobtainable in other food groups), and roughage essential to digestion and elimination. No wonder doctors and nutritionists recommend at least one serving of a green or yellow vegetable daily in our diet.

Today we can appreciate more vegetables than in the past. New vegetables—such as jicama and spaghetti squash—are being introduced to American tables. Thanks to improved refrigeration, transportation and storage, we can buy many more vegetables virtually "garden-fresh" and in prime condition. More Americans are discovering the joys of growing their own vegetables plus buying vegetables in season to help stretch the food dollars.

Some guidelines to help you select and master the art of vegetable cookery are:

- Select vegetables carefully, buying only those that are in top condition, unbruised and unblemished in their prime.
- Ripen certain foods at room temperature before refrigerating. For example, tomatoes should be ripened before putting in the refrigerator.
- Use vegetables as quickly as possible after purchase to ensure top flavor. Sweet corn, for example, should be cooked and consumed within several hours after picking.
- Once you get your vegetables home, treat them with tender, loving care. Wash carefully, discarding any bruised or damaged parts. Dry thoroughly on paper toweling before storing in plastic or cellophane bags in the special part of the refrigerator. Having vegetables ready is a big boon to busy cooks.
- Consult availability charts to buy vegetables in season. To assist you, we've included a chart of when and where to buy fresh vegetables-in-season.
- Feel free to experiment with new methods for cooking vegetables. Steam, boil, fry, bake, broil, barbecue, pressure-cook, microwave or pickle vegetables. Serve more raw. Kids love 'em; adults do too. Do not overcook vegetables. Cook alone or team with old favorites for variety and new taste sensations. Thanks to food processors and other modern appliances, you can cut vegetables into interesting new shapes and sizes to float in soups, garnish or serve in salads or even sculpture into "eat-your-vegetable-centerpieces."
- Fresh or dried herbs add zest to the most bland vegetables. Fresh dill, teamed with cabbage, can turn ordinary slaw into a salad fit for a king. Fresh ginger does wonders to dress up carrots or can be stir-fried into mixed oriental vegetables.
- Incorporate vegetables with other foods to create main dish fare such as broccoli and your favorite pasta. Versatile vegetables can be served in many guises from soups to desserts. Pumpkin soup, for example, is a delightful beginning for any meal. Carrot lovers like the golden vegetable in carrot cookies or cabbage lovers will devour aromatic sauerkraut bread.

For your convenience, recipes are arranged according to the name of the vegetable, from A to Z. Recipes for appetizers to desserts include family favorites such as Scalloped Potatoes au Gratin to unusual new ways to present familiar foods, such as Lettuce Medley Parisienne. Take it from there, vegetable aficionados!

CONTENTS

Guide for Selecting & Cooking Vegetables 7

ACORN SQUASH–ARTICHOKES

Glazed Acorn Squash 11
Artichokes Aurora with Vinaigrette Sauce 11
Vinaigrette Sauce 12

ASPARAGUS

Asparagus 'n Tomatoes Stir-Fry 12
Asparagus Vinaigrette 12
Asparagus with Sauce Nonvelle 13
Fresh Asparagus Custard 13

BEANS

Snappy Green Beans 14
Swiss Beans 14
Three-Bean Bake 14
Savory Green Beans-Corn Casserole 15
Sauced Wax Beans 15
Snap Beans with Nutmeg Butter 15
Ham-Seasoned Green Beans 16
Elegant Wax Beans Parmesan 16
New Orleans Bean Salad 16
Goldenrod Green Beans 17
Grecian Beans 17
Green Beans Provençale 17
Clustered Bean & Corn Salad 18
Fresh Pole Beans with Sesame Seeds 18
Refried Beans 18
Shanghai Bean Sprout Salad 19

BEETS

Beet-Root Pancakes 19
Caraway Seed Fresh Beets 19
Cranberry Beets 20
Dutch-Style Beets 20
Harvard Beets 20
Honeyed Beets 20

BOK CHOY

Chinatown Sweet & Sour Bok Choy 21

BROCCOLI

Broccoli Sauté 21
Broccoli Spears with Mustard Sauce 21
Broccoli with Piquant Sauce 22
Broccoli alla Romano 22
Broccoli Stir-Fry 22

BRUSSELS SPROUTS

Brussels Sprouts with Peanut Sauce 23
Brussels Sprouts Royal 23
Brussels Sprouts Lancaster 23
Devilish Brussels Sprouts 23
Sprouts Amandine 24

CABBAGE

Wine-Braised Cabbage & Potatoes 24
Hungarian Cabbage 24
Cabbage Creole 24
German Sweet & Sour Red Cabbage 25
Hot Cabbage Slaw 25
Red Cabbage with Apples 25
Shredded Cabbage & Rutabaga Cole Slaw 26

CARROTS

Orange-Glazed Carrots & Parsnips 26
Spiced Carrot Loaf Cake 26
Fresh Carrot Pudding 27
Glazed Carrots 27
Marinated Carrots 27
Carrots Caribbean 28
Candied Carrots 28
Carrot Cookies with Orange Icing 28
Carrot Casserole I 29
Carrot Casserole II 29
Orange-Glazed Carrots & Celery 29
Carrots, Sweet & Sour 30

CAULIFLOWER

Cauliflower Polonaise 30
Cauliflower with Tomatoes 30
Cauliflower, Spanish Main 31
Cheesey Cauliflower & Peas 31
Fresh Cauliflower-Chestnut Casserole 32
Hurry-Curry Cauliflower 32

CELERY

Creamed Celery & Onions 33
Fruited Celery 33
Celery-Bean Casserole 34

CHICORY–COLLARD GREENS

Italian-Style Chicory 34
Fresh Collard Greens with Bacon 34

CORN

Corn Pudding 35
Fresh Corn & Oyster Casserole 35
Foiled Corn, Grilled 35
Corn 'n Pepper Fritters 36
Cool Corn Salad 36
Corn O' Plenty in Toast Cups 36

DANDELION

Dandelion Salad 37

EGGPLANT–ESCAROLE & MORE

Eggplant Angostura 37
Herbed Escarole 38
Chef's Salad with Horseradish Dressing 38

JICAMA

Jicama 38

KALE–KOHLRABI

Kale Colcannon 39
Herbed Fresh Kale 39
Jan's Creamed Kohlrabi 39

LEEKS–LENTILS

Baked Leeks in Cheese Sauce 40
Honey-Baked Lentils 40

LETTUCE

Lettuce & Radish Slaw 41
Lettuce Medley Parisienne 41

LIMA BEANS

Savory Lima Beans 41
Lima Bean Creole with Variations 42
Lima Beans with Cheese 42
Chili Limas 42
Favorite Lima Barbecue 43

MUSHROOMS

Elegant Mushroom Casserole 43
Marinated Mushrooms 43
Steamed Mushrooms 44
Mushroom-Rice Ring Amandine 44
Mushroom-Parsley Stuffed Green Peppers 44

OKRA

Stewed Okra & Tomatoes 45

ONIONS

Onion Casserole 45
Spicy Baked Onions 46
Whipped Onions & Potatoes 46
Roasted Onions 46
French-Fried Onion Rings 47

PARSNIP

Fresh Parsnip Cakes 47

PEAS

Peas à la Crème 47
Dill-Sauced Peas 48
Quick Pea Medley 48

POTATOES

Cheese-Stuffed Potatoes 48
Idaho Potato Skins with Parmesan Topping 49
Potatoes au Gratin 49
Potato Patties 49
Hashed Brown O'Brien Potatoes 50
Idaho Puff de Terre 50
Potato 'n Broccoli Supreme 50
Stuffed Baked Potatoes 51
Lacey Potato Fritters 51
French-Fried Potatoes 52
Scalloped Potatoes au Gratin 52
Idaho Potato-Tomato Bake 52
Potato Croquettes 53

PUMPKIN

Pumpkin Custard 53
Hot Pumpkin Soup 54

RADISHES—RUTABAGA

Radish & Tomato Salad 54
Rutabaga & Potato Provençale 54

SOYBEANS

Baked Soybeans 55

SPINACH

Creamed Spinach Ring 55
Spinach Balls 56
Spinach with Sesame Dressing 56
Spinach Soufflé 56
Fresh Spinach Ring with Shredded Beets 57
Fresh Spinach Slaw with Dill Sauce 57
Fresh Spinach-Filled Artichokes 58
Spinach & Endive Salad 58

SQUASH

Golden Emerald Baked Squash 58
Spaghetti Squash with Tomato Sauce 59
Squash Sauté 59
Southern-Style Squash Casserole 60
Fresh Squash Chips 60
Boiled Spaghetti Squash 60

SWEET POTATOES

Sweet Potato Casserole Supreme 60
Sweet Potato Gingerbread 61
Sweet Potatoes in Orange Shells 61
Fresh Cranberry & Sweet Potato Pudding 62
Candied Sweet Potatoes 62
Baked Stuffed Sweet Potatoes 62
Baked Sweet Potatoes with Orange 63

TOMATOES

Fresh Tomatoes & Peas 63
Tomato-Mint Salad 63
Baked Tomatoes Mediterranean 64
Fresh Tomato & Marinated Bean Combo 64
Savory Scalloped Tomatoes 65
Helen's Green Tomato-Apple Pie 65
Broiled Tomatoes 65
Tomato-Zucchini Casserole 66
Wine-Glazed Tomatoes 66
Tomato-Zucchini Parmesan 66

TURNIPS

Raw Turnip Salad 67

VEGETABLE MEDLEY

Grilled Garlic & Vegetables 67
Quick Winter Vegetable Soup 68
Foiled Confetti Vegetables, Grilled 68
Marinated Vegetables 68
Piquant Vegetable Combo 69
Oriental Vegetables 69
Pasta & Mixed Vegetables 70
Marinated Vegetable Salad 70
Five-Vegetable Salad 70
Vegetable Quiche 71
Frozen Vegetables Cooked in a Packet 71
Oriental Salad 72
Baked Vegetable Macedoine 72
Vegetarian Fettucine 72
Milano Medley 73
Vegetable-Mushroom Stew 73
Summertime Spaghetti with Vegetables & Cheese Sauce 74
Mixed Garden Vegetable Bake 74

WATERCRESS

Watercress & Endive Salad 75

YAMS

Saucy Orange Yams 75
Carolina Yam Bread 75
North Carolina Home-Fried Yams 76

ZUCCHINI

Scalloped Zucchini Squash with White Sauce 76
Zucchini Bake 77
Zucchini Crunch 77
Zucchini-Tomato Shashlik 77
Fresh Herbed Zucchini 77
Zucchini Squash Sauté 78
Cheddar Zucchini Supreme 78

VEGETABLE BUTTERS & SAUCES

Cheese-Garlic Butter with Variations 78
Piquant sauce 79
Dill Sauce 79
Polonaise Sauce for Vegetables 79
Asparagus Sauce 80
Cucumber Sauce 80
Mustard Sauce for Broccoli, Microwaved 80

Guide for Selecting & Cooking Vegetables

ARTICHOKE: (globe) Prized for the succulence of its flower bud scales. Serve steamed or boiled, dipped in melted butter. Sometimes called Chinese artichoke.
(Jerusalem) Looks quite different from globe artichoke. This is an oddly shaped tuber, greenish-brown in color. Serve raw in salad, combined with other vegetables or cooked in sauces. Wonderful steamed!

ASPARAGUS: Stalks should be tender and firm; tips should be close and compact. Choose stalks with little white—they are more tender. Use promptly. Steam, serve alone or with melted butter or Hollandaise sauce.

BEANS: (butter) Add to soups or casseroles.
(broad or pole) Cook slowly; flavor with herbs, seasonings.
(snap) Choose slender beans with no large bumps (bumps indicate large seeds). Avoid beans with dry-looking pods.
(string or French) Thin, green, delicate beans are well-flavored but must not be overcooked. They can be left whole or sliced on bias. Cook no more than 1½ minutes if sliced. Flavor with herbs, onion.

BEETS: Available in leafy bunches with red, bulb-like beets. Choose those with small, firm roots and crisp green or reddish-green tops. Cook beetroots unpeeled (they bleed in water if peeled). Serve with butter or pickled or with sweet-sour sauce. Greens make wonderful eating in salads or cooked quickly with onion or piece of ham.

BEAN SPROUTS: Mung beans are easy to sprout. A great delicacy to use in salads or sandwiches. Use quickly after purchase.

BOK CHOY: Sometimes called Chinese Cabbage. Base roots have broad, rounded stalks—white or green—with broad, dark glossy-green blades. Serve in soups, or stir-fried in Oriental vegetarian or meat dishes.

BROCCOLI: Look for small flower buds on compactly arranged heads with good green color. Avoid yellowing, soft, or spreading heads. Steam.

BRUSSELS SPROUTS: Heads should be firm with good green color. Yellowing outer leaves and softness indicate aging. Smudgy, dirty spots may indicate insect damage or decay. Many people cook them in too much water. Cook until barely tender (to preserve color and flavor), serve with sauce or puréed.

CABBAGE: Choose heads that are firm and heavy for their size. Outer leaves should be fresh, green and free from worm-holes. This most versatile of vegetables can be steamed, braised, or incorporated into soups. Great favorite way: stuffed cabbage leaves with meat filling and tomato sauce. Red cabbage is often cooked with apples into a sweet-sour sauce.

CHINESE CABBAGE: Sometimes called "long" or "celery" cabbage. Often confused with Bok Choy. Bunch has broad-ribbed whitish-green leaves, strongly veined and crinkled. Great in salads or quickly cooked in stir-fried creations. Wonderful, too, sauced with Hollandaise.

CARROTS: Should be firm, smooth and well-shaped. An exceptionally adaptable root vegetable, it can be served cooked until barely tender, or incorporated into stews, casseroles, puddings and cakes or cookies.

CAULIFLOWER: Choose heads that are compact, firm and white or creamy white. Avoid discolored heads and those with soft spots. Basic cooking calls for cooking in small amount of water in tightly covered container. Overcooking results in mushy, strong-flavored mess. Popular with cheese sauces, incorporated into soups, casseroles or served raw in crudités (raw vegetables for appetizers or salads).

CELERY: Best-quality celery should be fresh and crisp. It is clean and has leaves that appear fresh; stems do not have black or brown discoloration. Avoid pithy, woody, or very stringy celery. Great in salads or sautéed for stuffings or flavoring for stews or soups. Noted for its crisp texture.

CHARD: Name applied to special variety of beet. Can be red or green with long leaves. Shred to serve in salads or steam quickly.

CHICORY: A slightly bitter salad green closely related to endive. The long taproots are grown commercially to add to some coffee. Greens are delicious in salad tossed with garlic dressing.

COLLARDS: A popular vegetable in the South. Cultivated for its strong-flavored green foliage. Can be tossed in salads or minced and cooked in salted water until tender. Southern cooks delight in cooking up a pot of collard greens to serve with cornbread and fried fish.

CORN: Good-quality fresh corn has husks that are fresh and green. Ears are well filled with plump, firm, milky kernels. Immature ears have firm, large, starchy kernels, often indented. Boil or steam.

CUCUMBERS: Choose firm, slender cucumbers for best quality. Avoid yellowed cucumbers and those with withered or shriveled ends. Great to serve raw in salads, incorporated in sauces or pickled.

DANDELIONS: Found in spring months. Best-tasting are the young tender leaves of the yellow "weed." (Dandelions are the bane of anyone who likes a well-manicured lawn.) They are popular in salads or incorporated into quiches, soufflés, fritters or omelets, and are also used to make wine.

EGGPLANT: Look for firm, unwrinkled ones. Come in deep purple color. A most adaptable vegetable fried, baked or incorporated into casseroles.

ENDIVE & ESCAROLE: Endive and escarole are often confused and often called by each other's names. However, they are slightly different forms of one plant. Endive is a flat, ruffled salad green with a crisp golden heart. Escarole is a broader-leafed variety. Both endive and escarole are used in salads or incorporated into soups. Belgian endive is the forced and blanched shoots of either endive or escarole. In France, Belgian endive is popular braised or made into a delicious quiche.

FENNEL: A popular Italian vegetable and a member of the carrot family. Bulb vegetable is born above the ground and has thick stalks. Can be sliced raw in salads or cooked briefly.

GARLIC: A clove-like plant that can be white or purple skinned. Highly aromatic, garlic is primarily used as flavoring in cooking or in salads. Great slivered and inserted in a leg of lamb!

HORSERADISH: A weed with an elongated root. Horseradish is used mainly as a condiment (horseradish sauce). Excellent used to add zest to bland vegetables or seafood.

JICAMA: A turnip-shaped tubular vegetable with a tough skin. Tastes somewhat like water chestnuts in flavor and texture. A relative newcomer to supermarkets, it can be used in soups, salads or served as finger food. Very popular in Mexican cuisine.

KALE: Coarse-leafed vegetable. Should not be tough-textured and should not be limp. Two varieties are grown in U.S.A.: Scotch, with curly leaves, prickly and gray-green colored, and Siberian, not as curly and blue-green colored. Tear or cut leaves into salads or soak before cooking briefly.

KOHLRABI: Looks like a turnip growing with roots. Do not buy if larger than tennis balls. Eat leaves too in salads or cooked in butter. Bulb is tasty, somewhat milder than turnips.

LEEK: Most succulent member of the onion family and can be cooked in many different ways. Use white parts only. Mild flavored.

LENTILS: A member of legume family. Seeds are used in a variety of ways from soups to salads. Popular in vegetable curries in India and vegetarian dishes in the U.S.A. Rich source of protein.

LETTUCE: Comes in many different varieties. Select heads that are green, fresh, crisp and fairly firm. Head lettuce should be free from rusty appearance and excessive outer leaves. Chock-full of vitamins, is mainly used in salads in the U.S.A., occasionally braised in Europe.

LIMA BEANS: Pods should not be dry-looking or blemished. Contains flat bean. Available fresh in summer, frozen, dried or canned. Good flavored and can be prepared many ways in soups and casseroles.

MUSHROOMS: Available in many different forms. Fresh should not be withered, but white or cream-colored. Can be fried, steamed, incorporated in soups, salads or casseroles.

OKRA: Rather mushy in appearance, has small green cones (sometimes called Ladies Fingers in England). Flavor is mild. Blends well with corn, tomatoes and onions, as in Creole cooking down South. Available fresh, frozen or canned.

ONION: Sold fresh or dry. Size and color do not affect flavor or quality of dry onions. Clean, hard, well-shaped onions with dry skins are usually of good quality. Moisture at neck indicates decay. Mild-flavored onions may often be large, elongated or flat. Stronger-flavored onions are usually medium-size and globe-shaped. Onions are probably the most universally liked vegetable, popular as a seasoning to flavor meat or poultry dishes, soups, served raw on hamburger or cooked alone by boiling, frying or baking.

PARSNIP: Gray-looking carrot-like vegetable. Outside skin is rough and should not be dry-looking. Mild flavored, parsnips can be boiled, fried, puréed or baked. Wonderful, too, in stews or baked with roasted beef, pork or lamb. A favorite with English, Irish and Scottish.

PEAS: Select pods that are well filled but not bulging. Avoid dried, spotted, yellowed or flabby pods. A most versatile vegetable, peas can be served alone, puréed in soups, salads or tossed with your favorite pasta. Do not overcook. Popular, too, are black-eyed peas (usually dried).

PEPPER: There are infinite varieties of hot and sweet peppers. Most popular is the sweet red or green bell pepper. Outside skin should be shiny, even-colored and firm. Flavor is distinctive and delicious in salads, cooked in sauces, soups or stuffed and baked.

POTATO: Best-quality potatoes are firm, smooth and well shaped. They should be free from cuts, blemishes and decay. Look for potatoes that are reasonably clean and free from wasteful deep eyes. Potatoes with green skins are bitter. Potato can be mashed, baked or stuffed. Perhaps as popular with Americans as onions!

PUMPKIN: Available in many different varieties. Most popular is the pie or field pumpkin. Outside skin should be even-colored, free from brown spots, firm in texture. Pumpkin can be prepared in countless ways from soups, breads, puréed or served in pumpkin pie!

RADISHES: Small red vegetables have a crunchy texture and peppery flavor. Outside skin should be firm and even-colored, free from blemishes. Slice thinly in salads or as a garnish for appetizers.

RUTABAGA: Large, rough-textured root vegetable that resembles a large yellow turnip. Flavor is mild. Wonderful in soups, stewed, or puréed in soufflés.

SALSIFY: Often called the "oyster plant." Requires careful preparation, but is worth the time and effort. This long, skinny, carrot-like vegetable should be scraped and soaked in vinegar or lemon-flavored water (to prevent discoloration). Mash or rice and flavor with butter, salt and pepper.

SCALLIONS: Have bright green leaves that are firm not limp. White onion part has a hairy root. Scallions are popular in salads or cooked in Oriental dishes.

SHALLOTS: Resembles garlic in appearance with brown or gray skin. Outside skin should be dry but firm. Peel to cook in butter for sauces or compound butters. A favorite with French and Italian chefs. Shallots are mild-flavored.

SOYBEANS: Like most bean varieties, pods should be filled with beans, outside skin smooth and not yellowed or dry. Rich in protein, soybeans after cooking can be incorporated into salads, or cooked into soups or casseroles. Often sold dried.

SPINACH: Spinach leaves should be deep green to a pale yellow-green. Arrowhead-shaped leaves should be crisp. Spinach requires careful washing to get rid of sand and dirt. Never overcook spinach. Best cooked briefly, drained, dressed with butter, salt and white pepper! Terrific, too, served raw in bacon-mushroom salad.

SQUASH: Comes in many different varieties from jade-green zucchini to yellow squash to summer crooknecks (yellow, white and green), pattypan, butternut to the hard-shelled variety (hubbard, acorn). Outside skin should be smooth, free from cuts or bruises and heavy in relation to size. Squash can be peeled or unpeeled, boiled, steamed, fried, or put into casseroles with layers of chopped nuts and pungent cheeses.

SWEET POTATOES: Choose sweet potatoes that are clean, smooth, well shaped and firm. Damp or soft spots may indicate decay. There are two different types: One, when cooked, has firm, dry, mealy flesh, usually light in color. The other more widely grown type has soft, moist flesh when cooked. The skin is copper colored and the flesh deep orange. These sweet potatoes are sometimes called "yams," although botanically a true yam belongs to a different genus. This versatile vegetable can be boiled, mashed, baked (in its jacket) or incorporated into soufflés or pies.

TOMATOES: Choose tomatoes that are plump, firm and uniformly pink, red or yellow in color. They should be free from growth cracks, scars and bruises. The best flavored tomatoes are vine-ripened. Tomatoes star in salads, cooked into sauces, casseroles, condiments or chutneys.

TURNIPS: Should be heavy in relation to size, as well as smooth and firm. Boil, mash or include in stews or soups.

WATER CHESTNUTS: Found in certain specialized markets in California or Hawaii, the round, flat-based tuber is brown on the outside, white firm flesh inside. Available canned (peeled), water chestnuts are used by Oriental cooks to toss in salads or stir-fried dishes.

WATERCRESS: The pungent little green plant grows partially submerged in fresh, running streams. The tiny succulent stems set with small leaves should be crisp, bright green in color, free from spots or blemishes. Great in salads or in tiny tea sandwiches as the English often prepare. The flavor is pungent and distinctive.

YAMS: True yams come in many different varieties. They extend in length from several inches to a size that can weigh up to a pound or more. Flesh can be white or yellow-white. Outside skin can be rough-textured but should not be cut or too dry. The versatile yam, like other root vegetables, can be boiled, steamed, fried or roasted.

ZUCCHINI: Belongs to pumpkin family and should be dark green to yellow in color, heavy in relation to size, free from blemishes and cuts. A favorite with Italians, the zucchini can be served raw as finger food in appetizers, in salads or boiled, braised or incorporated into soups, casseroles, even baked in bread or cake!

Glazed Acorn Squash

Serves 2

2 medium acorn squash, halved and seeded
1½ cups water
⅓ cup light corn syrup
1 tablespoon margarine, melted
½ teaspoon ground cinnamon
dash of salt

1. Place squash, cut-side down, in a 13 × 9 × 2-inch baking dish; add water.
2. Bake in a preheated 400° F. oven 30 minutes, or until squash is firm.
3. Drain water; turn cut-side up.
4. Stir together corn syrup, margarine, cinnamon and salt in a small bowl; spoon corn syrup mixture evenly over squash.
5. Bake in preheated 350° F. oven, basting occasionally, 15 minutes, or until fork-tender.

Artichokes Aurora with Vinaigrette Sauce

Serves 2

2 tablespoons olive oil
½ pound spinach, washed and trimmed
¼ pound mushrooms, sliced
¼ cup chopped onion
1 small clove garlic, minced
¼ cup grated Parmesan cheese
½ teaspoon thyme
¼ teaspoon salt
pinch of pepper
⅓ cup slivered almonds
2 small artichokes
1 lemon or lime, sliced
Vinaigrette Sauce (page 12)

1. Heat oil in a skillet; sauté spinach several minutes.
2. Add mushrooms, onion and garlic; continue to cook 5 minutes over high heat, stirring often, until no liquid appears in bottom of skillet.
3. Remove from heat.
4. Add Parmesan cheese, thyme, salt and pepper; mix well.
5. Stir in almonds; set aside.
6. Prepare artichokes:
   a. Cut off stems even with base; break off small leaves at base and discard.
   b. Cut 1 inch off top, straight across; with scissors, snip off tip of each leaf.
   c. Holding artichoke upright, run under cold water, spreading leaves apart.
   d. Rub all cut surfaces with lemon to prevent discoloration.
   e. With fingers, carefully open center leaves; turn artichokes over on a board; press down firmly at base to spread leaves open.
   f. Turn artichokes right side up; pull out yellow leaves from center.
   g. With a spoon, scrape out prickly portion from heart; set aside.
7. Place a thin slice of lemon in bottom of cavity of each artichoke; fill cavities with spinach filling.
8. Place artichokes in a deep baking dish; pour 2 cups water around them.
9. Cover and bake in preheated 375° F. oven 45 minutes.
10. Serve hot with Vinaigrette Sauce.

Vinaigrette Sauce

Makes ¾ cup dressing

½ cup olive oil
¼ cup freshly squeezed lemon or lime juice (juice of 1 lemon or lime)
1 small clove garlic, minced
¼ teaspoon dried leaf thyme
¼ teaspoon salt
¼ teaspoon ground pepper

1. Combine oil, lemon or lime juice, garlic, thyme, salt and pepper in a covered container; cover and shake.
2. Let stand 30 minutes before using.

Asparagus 'n Tomatoes Stir-Fry

Serves 6

1 tablespoon peanut oil
1 pound asparagus, diagonally sliced into 1½-inch pieces
4 green onions, diagonally sliced into 1-inch cubes
1½ cups sliced fresh mushrooms
1 tablespoon water
1 teaspoon cornstarch
1 tablespoon teriyaki barbecue marinade
½ teaspoon seasoned salt
2 firm tomatoes, cut into thin wedges

1. Heat oil in a wok or large skillet.
2. Add asparagus; stir-fry until almost tender, about 5 minutes.
3. Add green onions and mushrooms; stir-fry 2 minutes longer.
4. Blend together in a small bowl, water, cornstarch, marinade and salt.
5. Push vegetables to sides of wok or skillet; add cornstarch mixture to center and heat until bubbly.
6. Stir vegetables into cornstarch mixture; continue stirring until thickened.
7. Add tomatoes; heat through.

Asparagus Vinaigrette

Serves 4

1 tablespoon sugar
1 teaspoon salt
1 teaspoon paprika
1 teaspoon dry mustard
¼ teaspoon pepper
¼ cup cider vinegar
¾ cup corn oil
dash of onion powder
1 tablespoon sweet pickle relish
1 tablespoon chopped pimientos
1 can (14½ ounces) cut asparagus spears, drained
hard-cooked eggs (optional garnish)

1. Combine sugar, salt, paprika, mustard, pepper, vinegar, oil, onion powder, pickle relish, and pimientos in a jar with a tight lid; shake to mix well.
2. Pour dressing over well-drained asparagus; let marinate in refrigerator several hours before serving.
3. Garnish with chopped hard-cooked eggs if desired.

Asparagus with Sauce Nouvelle

Serves 4

1 pound fresh asparagus
½ teaspoon salt
Sauce Nouvelle

1. Break off each stalk of asparagus as far down as it snaps easily; remove scales with a knife.
2. Wash thoroughly, using a brush.
3. Tie stalks of asparagus in a bundle with a string; stand upright in bottom part of a double boiler.
4. Sprinkle with salt; add 1½ inches boiling water.
5. Cover with top part of double boiler, inverted; steam 15 to 20 minutes, or until just crisp-tender.
6. Lift out by catching string with tines of a fork; drain and cut strings.
7. Arrange asparagus on a serving platter; serve hot with Sauce Nouvelle.

Sauce Nouvelle

Makes 1 cup sauce

1 tablespoon vegetable oil
1 small onion, sliced
1 clove garlic, minced
2 tomatoes, peeled, seeded and chopped
¼ cup heavy cream
¼ cup chopped fresh parsley
¼ teaspoon dried leaf basil
¼ teaspoon salt
⅛ teaspoon pepper

1. Heat oil in a small skillet; sauté onion and garlic until tender.
2. Add tomatoes, heavy cream, parsley, basil, salt and pepper; bring to a boil.
3. Simmer, uncovered, 5 minutes until sauce thickens slightly, stirring occasionally.
4. Serve over fresh asparagus.

Fresh Asparagus Custard

Serves 4

1 pound fresh asparagus
boiling water
2 eggs
1 cup milk
1 tablespoon minced fresh onion
2 tablespoons melted butter or margarine
1 teaspoon salt
⅛ teaspoon freshly ground pepper

1. Break off asparagus stalks as far down as they snap easily; wash asparagus.
2. Cook asparagus, covered, in a small amount of boiling water until just tender; drain if necessary.
3. Cool; chop finely.
4. Beat eggs; stir in milk, onion, butter, salt, pepper and asparagus.
5. Turn into 4 buttered baking cups (6-ounce capacity); set cups in pan of hot water.
6. Bake in preheated 300° F. oven 50 to 60 minutes, or until silver knife inserted in center comes out clean.
7. Run sharp knife around sides to unmold.

Snappy Green Beans

Serves 8

1 can (10¾ ounces) condensed cream of mushroom soup
⅓ cup milk
1½ teaspoons original Worcestershire sauce
1 teaspoon onion powder
2 packages (9 ounces each) frozen French-style green beans, cooked and drained
⅓ cup coarsely crumbled corn chips

1. Combine soup, milk, Worcestershire sauce and onion powder in a saucepan; cook over low heat, stirring constantly, 5 minutes.
2. Pour over hot green beans; sprinkle with corn chips.

Swiss Beans

Serves 6

2 tablespoons butter or margarine
1 tablespoon all-purpose flour
¼ teaspoon salt
dash of pepper
½ teaspoon instant minced onion
½ cup dairy sour cream
1 can (16 ounces) sliced French-style green beans, drained
1 cup grated process Swiss cheese (about ¼ pound)
1 cup crushed cornflakes

1. Melt 1 tablespoon butter in a saucepan; add flour, salt, pepper, onion and sour cream.
2. Gently stir in green beans; place in a 1-quart casserole.
3. Cover with cheese.
4. Melt remaining tablespoon of butter; mix with cornflakes.
5. Sprinkle cornflakes over grated cheese.
6. Bake, uncovered, in preheated 350° F. oven 20 minutes.

Three-Bean Bake

Serves 8

½ cup chopped onion
1 tablespoon butter or margarine
1 can (16 ounces) pork and beans
1 can (16 ounces) lima beans, drained
1 can (15 ounces) dark red kidney beans
½ cup tomato catsup
2 tablespoons brown sugar
1½ teaspoons vinegar
1 teaspoon dry mustard
1 teaspoon salt
3 strips bacon, diced

1. Sauté onion in butter until tender.
2. Stir sautéed onion together with remaining ingredients except bacon in a 13 × 9 × 2-inch pan.
3. Top with bacon; bake, uncovered, in preheated 350° F. oven 1¼ hours.

Savory Green Beans-Corn Casserole

Serves 6

1 package (10 ounces) frozen French-cut green beans, thawed
1 package (10 ounces) whole kernel corn, thawed
2 cups shredded American cheese
½ cup minced celery
½ cup chopped green pepper
½ cup mayonnaise
2 tablespoons minced onion
½ teaspoon salt
½ teaspoon marjoram
½ teaspoon dill weed
⅛ teaspoon white pepper
1 tablespoon butter or margarine, melted
½ cup bread crumbs

1. Combine green beans, corn, cheese, celery, green pepper, mayonnaise, onion, salt, marjoram, dill weed and pepper in a bowl; blend well.
2. Turn vegetables into a buttered 2-quart casserole.
3. Mix butter with crumbs; sprinkle over vegetables.
4. Bake, covered, in preheated 350° F. oven 30 minutes.
5. Uncover; continue baking 15 to 20 minutes longer, or until crumbs are golden brown and mixture is bubbly.

Sauced Wax Beans

Serves 8

1 can (10¾ ounces) Cheddar cheese soup, condensed and undiluted
2 cans (15½ ounces each) cut wax beans, drained
1 can (16 ounces) small whole white onions, drained
1 jar (2 ounces) sliced pimientos, drained
½ cup seasoned bread crumbs
1 tablespoon butter or margarine (for garnish)

1. Heat cheese soup in a 2-quart saucepan until warmed through.
2. Add beans, onions and pimientos to soup; heat to serving temperature.
3. Sauté bread crumbs in butter in a small skillet until lightly browned.
4. Place cheese-vegetable mixture in a serving dish; garnish with bread crumbs.

Snap Beans with Nutmeg Butter

Serves 6

1½ pounds fresh snap beans
1 inch boiling water
1 teaspoon salt
3 tablespoons butter or margarine
¼ teaspoon ground nutmeg
⅛ teaspoon ground black pepper

1. Wash snap beans; cut off tips and cut into 1-inch pieces.
2. Place beans in a saucepan with boiling water and salt; bring to a boil and boil 5 minutes.
3. Cover and continue cooking until just crisp-tender, about 10 minutes.
4. Drain; toss lightly with butter, nutmeg and ground black pepper.

Ham-Seasoned Green Beans

Serves 6

1½ pounds green beans, broken into short pieces
2 small onions, quartered
½ stalk celery, sliced
about 2 ounces cooked ham, cut into bite-size pieces
2 teaspoons salt
pepper to taste
½ cup water
1 tablespoon butter or margarine

1. Place beans in a greased 2-quart saucepan.
2. Add remaining ingredients; simmer until beans are tender, 12 to 20 minutes.

NOTE: Instead of fresh green beans, use 2 packages (10 ounces each) frozen cut green beans.

Elegant Wax Beans Parmesan

Serves 4

2 tablespoons chopped celery
2 tablespoons chopped onion
3 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 can (15½ ounces) sliced French-style wax beans, undrained
¼ cup milk
2 tablespoons dry white wine
2 tablespoons Parmesan cheese
¼ cup dry bread crumbs (for garnish)
2 tablespoons chopped pimiento (optional garnish)

1. Sauté celery and onion in 2 tablespoons butter in a saucepan.
2. Remove from heat and blend in flour.
3. Drain beans; reserve ¼ cup liquid.
4. Add to flour mixture, reserved bean liquid, milk and wine; return to heat.
5. Heat, stirring until thickened and bubbly; add cheese.
6. Stir in beans; heat to serving temperature.
7. Meanwhile, toss bread crumbs with remaining melted butter; sauté until light brown.
8. Place beans in a serving dish; garnish with bread crumbs and pimiento if desired.

New Orleans Bean Salad

Serves 5

1 can (15 ounces) New Orleans style red kidney beans
⅔ cup shredded carrots
½ cup chopped green pepper
¼ cup chopped onion
½ cup mayonnaise
1 teaspoon lemon juice

1. Drain kidney beans, reserving liquid.
2. Combine beans, carrots, green pepper and onion; set aside.
3. Add reserved bean liquid to mayonnaise with lemon juice; fold into bean mixture.
4. Chill several hours.

Goldenrod Green Beans

Serves 4

1 can (16 ounces) cut green beans
1½ teaspoons butter or margarine
1½ teaspoons all-purpose flour
⅛ teaspoon salt
dash of white pepper
¼ cup milk
1 hard-cooked egg, separated
¼ cup mayonnaise-type salad dressing

1. Heat beans in their own liquid.
2. Meanwhile, melt butter in a small saucepan; blend in flour, salt and pepper.
3. Add milk; cook, stirring constantly until mixture thickens.
4. Remove from heat.
5. Chop egg white; stir with salad dressing into sauce.
6. Drain beans; place in a serving dish.
7. Top with sauce; sprinkle with sieved egg yolk.

Grecian Beans

Serves 4 to 6

½ cup minced onion
3 tablespoons corn oil
2½ cups canned green beans, drained
salt to taste
pepper to taste
½ cup bean liquid
3 tablespoons tomato juice

1. Sauté onion in oil.
2. Add green beans, seasonings, bean liquid and tomato juice; simmer 25 minutes.

Green Beans Provençale

Serves 4

2 tablespoons instant minced onion
water
1 tablespoon vegetable oil
1 cup chopped fresh tomatoes
1¼ teaspoons garlic powder
1 teaspoon paprika
¾ teaspoon thyme leaves, crushed
¼ teaspoon sugar
1/16 teaspoon ground black pepper
1 strip orange rind
1 pound fresh green beans, cut into 1½-inch pieces

1. Combine onion and 2 tablespoons water in a small bowl; let stand 10 minutes to soften.
2. Heat oil until hot in a medium-size saucepan; add onion and sauté until golden, 1 minute.
3. Add tomatoes, garlic powder, paprika, thyme, sugar, black pepper, orange rind and 1 cup water; bring to a boil.
4. Reduce heat and simmer, covered, 15 minutes.
5. Add green beans; cook, covered, until crisp-tender, about 5 minutes.

Clustered Bean & Corn Salad

Serves 8

1 can (1 pound 4 ounces) red kidney beans, drained
1 can (1 pound) whole kernel corn, drained
1 package (9 ounces) frozen cut green beans, cooked and drained
½ cup oil
2 tablespoons original Worcestershire sauce
2 tablespoons wine vinegar
1 teaspoon prepared brown mustard
¾ teaspoon salt
½ teaspoon sugar
½ teaspoon curry powder
crisp lettuce (optional)

1. Arrange kidney beans, corn and green beans in a large serving bowl; set aside.
2. Combine remaining ingredients in a small container; mix well.
3. Pour mixture over vegetables; cover and refrigerate 2 hours, or longer.
4. Serve on lettuce-lined salad plates if desired.

Fresh Pole Beans with Sesame Seeds

Serves 8

1 pound fresh pole beans
water
½ teaspoon salt
2 tablespoons butter or margarine
1 teaspoon sesame seeds
1/16 teaspoon ground black pepper

1. Wash and remove tips from pole beans; leave whole.
2. Place beans in a saucepan with ½-inch depth boiling water and salt; bring to a boil.
3. Cook, uncovered, 5 minutes.
4. Cover and cook 5 minutes longer, or until crisp-tender.
5. Drain, if necessary.
6. Melt butter in a saucepan; add sesame seeds and black pepper.
7. Cook, tossing lightly, until sesame seeds are golden brown.
8. Serve over hot beans.

Refried Beans

Serves 4 to 5

1 can (1 pound 4 ounces) refried beans
1 package (1¼ ounces) taco seasoning mix
¼ cup water
¾ cup grated mild Cheddar cheese (for garnish)
¼ cup finely chopped onion (for garnish)

1. Combine refried beans, taco seasoning mix and water in a saucepan; bring to a boil.
2. Reduce heat and simmer 5 minutes.
3. Garnish bean mixture with grated cheese and chopped onion just before serving.

Shanghai Bean Sprout Salad

Serves 4 to 6

2 medium tomatoes, cut in wedges
1 cucumber, skin scored and thinly sliced
1 avocado, pared and sliced
3 cups fresh bean sprouts
crisp salad greens (for garnish)
½ cup corn oil
2 tablespoons fresh lemon juice
2 tablespoons vinegar
¾ teaspoon salt
¼ teaspoon sugar
½ teaspoon dry mustard
dash of pepper
3 strips cooked bacon, crumbled (optional)

1. Combine tomato wedges, cucumber slices, avocado slices and bean sprouts in a salad bowl; garnish edges of bowl with salad greens.
2. Just before serving, mix oil, lemon juice, vinegar, salt, sugar, dry mustard and pepper; pour over salad.
3. Sprinkle with crumbled bacon if desired.

Beet-Root Pancakes

Makes 12 pancakes

1 cup minced cooked fresh beets
2 tablespoons cornstarch
4 egg yolks, beaten
3 tablespoons heavy cream or undiluted evaporated milk
½ teaspoon sugar
1 teaspoon salt
½ teaspoon ground nutmeg
fruit marmalade or preserves

1. Combine all ingredients in a mixing bowl; mix well.
2. Bake, in pancake fashion, on a hot buttered griddle or in heavy skillet.
3. Serve with fruit marmalade or preserves.

Caraway Seed Fresh Beets

Serves 4

2 cups cooked sliced fresh beets
2 tablespoons butter or margarine
1 tablespoon fresh lemon juice
½ teaspoon salt
1/16 teaspoon ground black pepper
½ teaspoon whole caraway seed
¼ cup dairy sour cream (optional)

1. Place all ingredients except sour cream in a saucepan; heat only until warm.
2. Serve at once with dollops of sour cream if desired.

Cranberry Beets

Serves 6

1 can (16 ounces) diced beets, drained
1 can (16 ounces) whole berry or jellied cranberry sauce
2 tablespoons orange juice
1 teaspoon grated orange rind
dash of salt

1. Combine all ingredients in a saucepan; heat thoroughly, stirring occasionally.
2. Serve at once.

NOTE: Delicious with turkey or ham!

Dutch-Style Beets

Serves 6

2 teaspoons minced onion
2 tablespoons butter
1 tablespoon flour
salt to taste
pepper to taste
1 tablespoon sugar
1 cup beet liquid
2 tablespoons vinegar or lemon juice
2½ cups diced beets, drained

1. Sauté onion in butter 5 minutes; add flour and blend.
2. Add seasonings, sugar, beet liquid and vinegar; cook until thick, stirring constantly.
3. Add beets; heat thoroughly.

Harvard Beets

Serves 6

3 tablespoons cornstarch
⅓ cup sugar
¾ teaspoon salt
1½ cups beet liquid (or beet liquid plus water)
2 tablespoons vinegar
1½ tablespoons butter or margarine
3 cups sliced cooked or canned beets

1. Mix cornstarch, sugar and salt.
2. Blend in beet liquid, vinegar and butter; cook over moderate heat, stirring constantly, until thickened.
3. Add beets to sauce; let stand 10 minutes, if desired, to blend flavors.
4. Heat to serving temperature.

Honeyed Beets

Serves 4

2 tablespoons butter or margarine, melted
1 teaspoon cornstarch
3 tablespoons honey
2 tablespoons water
1 teaspoon lemon juice
dash of salt
1 can (16 ounces) tiny whole beets, drained

1. Melt butter in a saucepan; blend in cornstarch.
2. Stir in honey, water, lemon juice and salt; cook over medium heat, stirring constantly, until mixture thickens and comes to a boil.
3. Add beets, turning to coat; cover and cook just until heated through.

Chinatown Sweet & Sour Bok Choy

Serves 4 to 6

3 tablespoons corn oil
1 head bok choy, washed, trimmed and cut in 1-inch pieces
¼ cup light brown sugar
¼ cup red wine vinegar
1 teaspoon minced fresh ginger root
1 tablespoon cornstarch
1 tablespoon soy sauce
½ cup water

1. Heat oil in a large skillet or wok; add bok choy and stir-fry over high heat 1 minute.
2. Combine brown sugar, vinegar and ginger; add to skillet.
3. Mix well; cover and steam 1 minute.
4. Combine cornstarch and soy sauce with water; add to skillet.
5. Cook and stir until thickened.

Broccoli Sauté

2 pounds fresh broccoli
½ cup water
¼ cup peanut oil
2 cloves garlic, minced
1 teaspoon salt
⅛ teaspoon pepper

1. Wash broccoli.
2. Split ends of large stalks lengthwise into halves or quarters, depending on size.
3. Place broccoli in a large skillet; sprinkle with water, peanut oil, garlic, salt and pepper.
4. Cover tightly; cook over very low heat 20 to 25 minutes, or until stalks are tender, turning broccoli several times during cooking.

Broccoli Spears with Mustard Sauce

Serves 3 to 4

1 package (10 ounces) frozen broccoli spears
⅓ cup mayonnaise
2 teaspoons prepared yellow mustard
1 teaspoon sugar

1. Cook broccoli according to package directions; drain and chill.
2. Combine remaining ingredients; mix thoroughly.
3. Serve sauce over chilled broccoli.

NOTE: Sauce can also be served over cooked cauliflower. For a tasty hot dish, serve vegetables piping hot and top with sauce at room temperature.

Broccoli with Piquant Sauce

Serves 6 to 8

2 pounds broccoli
boiling salted water
2 tablespoons minced onion
2 tablespoons minced pimiento
4 tablespoons butter
¼ teaspoon salt
⅛ teaspoon pepper
2 tablespoons fresh lemon juice

1. Trim broccoli by removing any large outer leaves and cutting off the stalks. If stalks are large in diameter, gash twice at right angles from the base towards heads, taking care not to cut apart.
2. Cook broccoli, uncovered, in boiling salted water 10 minutes, or until tender.
3. Sauté onion and pimiento in butter in a skillet; add salt, pepper and lemon juice.
4. Drain broccoli; pour hot sauce over it.
5. Serve at once.

Broccoli alla Romano

Serves 4 to 6

¼ cup olive oil
1 teaspoon minced garlic
6 cups (2 pounds) fresh broccoli flowerets, with stems
1½ cups dry white wine
½ teaspoon salt
freshly ground black pepper

1. Heat oil in a large heavy skillet until a light haze forms.
2. Remove pan from heat; stir garlic in hot oil 30 seconds.
3. Return to moderate heat; toss broccoli in oil until flowerets glisten.
4. Add wine, salt and pepper; simmer, uncovered, stirring occasionally, 5 minutes.
5. Cover skillet and simmer 15 minutes until broccoli is tender.
6. Transfer flowerets with slotted spoon to a bowl or deep platter.
7. Boil liquid left in skillet over high heat until reduced to ½ cup; pour over broccoli.

NOTE: Delicious served with dry white wine!

Broccoli Stir-Fry

Serves 4

1 bunch fresh broccoli
2 tablespoons vegetable oil
2 tablespoons soy sauce
1 teaspoon cornstarch
1 tablespoon honey
½ teaspoon freshly grated ginger root or ¼ teaspoon ground ginger
¼ teaspoon Tabasco sauce
¼ cup slivered almonds

1. Wash broccoli; cut off broccoli flowerets.
2. Peel broccoli stems; slice stems ¼-inch thick.
3. Heat oil in a large skillet or wok; stir-fry broccoli 5 minutes until crisp-tender.
4. Combine soy sauce and cornstarch in a small bowl; add honey, ginger and Tabasco sauce.
5. Pour mixture over broccoli; cook until sauce thickens slightly.
6. Stir in almonds.

Brussels Sprouts with Peanut Sauce

Serves 4

1 pound fresh brussels sprouts
½ cup boiling salted water
¼ cup butter or margarine
2 tablespoons chopped unsalted peanuts

1. Cook brussels sprouts, covered, in a small amount of boiling salted water until just tender; drain if necessary.
2. Meanwhile, melt butter; stir in chopped peanuts.
3. Pour over brussels sprouts.

Brussels Sprouts Royal

Serves 4

1 package (10 ounces) frozen brussels sprouts
2 tablespoons butter or margarine
¼ cup fine dry bread crumbs
1 hard-cooked egg yolk, sieved
2 teaspoons snipped parsley

1. Cook sprouts according to package directions; drain.
2. Meanwhile, melt butter in a small saucepan until it begins to brown; add crumbs, egg yolk and parsley.
3. Spoon mixture over hot sprouts; toss lightly and serve.

Brussels Sprouts Lancaster

Serves 8

1 quart brussels sprouts
1 cup white seedless grapes, stemmed and washed
butter
salt
paprika

1. Inspect sprouts carefully, removing tough outer leaves.
2. Cook sprouts, uncovered, in boiling water until just tender. (To test, pierce with a toothpick.)
3. Add grapes; drain thoroughly.
4. Season with butter, salt and paprika.
5. Serve at once.

Devilish Brussels Sprouts

Serves 4

1 package (10 ounces) frozen brussels sprouts
1 tablespoon prepared mustard
1 teaspoon soy sauce
2 teaspoons original Worcestershire sauce
½ teaspoon salt
dash of pepper

1. Cook brussels sprouts according to package directions.
2. Meanwhile, combine remaining ingredients in a medium-size saucepan; simmer 2 to 3 minutes.
3. Drain sprouts; place in serving dish.
4. Spoon sauce over sprouts and serve.

Sprouts Amandine

Serves 4

1 package (10 ounces) frozen brussels sprouts
3 tablespoons butter or margarine
¼ cup slivered almonds
½ teaspoon tarragon
1 tablespoon lemon juice

1. Prepare brussels sprouts according to package directions; drain and keep warm.
2. Melt butter in a medium-size skillet; sauté almonds until lightly browned.
3. Add tarragon; stir.
4. Sprinkle lemon juice over brussels sprouts; add sprouts to skillet, tossing lightly.
5. Sauté briefly to reheat; transfer to serving dish.

Wine-Braised Cabbage & Potatoes

Serves 4

½ small head cabbage, cut into 4 wedges
8 small new potatoes, cut in half
½ cup dry white wine
2 tablespoons butter or margarine
1 tablespoon fresh minced parsley
¼ teaspoon salt

1. Combine all ingredients in a large skillet; bring to a boil.
2. Reduce heat and simmer, covered, 15 minutes, or until potatoes are tender.

Hungarian Cabbage

Serves 6

2 slices bacon
1 pound cabbage, coarsely shredded (2 quarts)
¾ teaspoon salt
pepper (optional)
2 tablespoons vinegar
2 tablespoons water

1. Fry bacon until crisp; remove from pan and set aside.
2. Add remaining ingredients to fat in pan; cover tightly and cook slowly, stirring occasionally, 20 to 25 minutes. Cabbage should be tender-crisp.
3. Crumble bacon over top before serving.

Cabbage Creole

Serves 4

½ medium-size head cabbage, cut into bite-size pieces
1 can (16 ounces) stewed tomatoes, cut up
¼ cup water
salt to taste
⅛ teaspoon pepper

1. Combine all ingredients in a skillet; cook on medium-high until cabbage is desired tenderness, about 15 minutes.
2. Serve at once.

German Sweet & Sour Red Cabbage

Serves 8

4 tablespoons butter
8 cups shredded red cabbage
¼ cup sherry
1 teaspoon salt
⅛ teaspoon pepper
1 cup minced onion
2 tablespoons sugar
⅓ cup peeled and grated tart apples
¼ cup white raisins, soaked 45 minutes in cold water, then drained
1 cup currant jelly

1. Melt butter in a skillet over medium heat.
2. Add remaining ingredients except jelly; stir well.
3. Cover, reduce heat and simmer 40 minutes.
4. Add jelly; cover and simmer 20 minutes longer.

Hot Cabbage Slaw

Serves 6

⅓ cup water
2 beef bouillon cubes
1 medium-size (about ½ pound) green cabbage, coarsely shredded
½ cup chopped onion
½ cup grated carrot
2 tablespoons wine vinegar
2 teaspoons original Worcestershire sauce
½ teaspoon caraway seed

1. Combine water and bouillon cubes in a large saucepan; bring to boil, stirring to dissolve bouillon cubes.
2. Add cabbage; reduce heat and simmer, covered, 10 minutes.
3. Add remaining ingredients; simmer, covered, until cabbage is tender, about 10 minutes longer.

Red Cabbage with Apples

Serves 8 to 10

¼ cup margarine
½ cup chopped onion
3 pounds red cabbage, shredded (3 quarts)
⅓ cup light corn syrup
2 tablespoons cider vinegar
1 tablespoon salt
1 cup Burgundy wine
2 tart apples, peeled, cored and sliced
1 cup red currant jelly

1. Melt margarine in a 5-quart Dutch oven over medium-high heat; add onion and cook 3 minutes, stirring frequently, or until tender.
2. Add cabbage, corn syrup, vinegar and salt; cook, stirring occasionally, 15 minutes.
3. Stir in wine; bring to a boil.
4. Reduce heat and simmer 30 minutes, or until cabbage is tender.
5. Add apples and jelly; stir until jelly is melted.
6. Simmer 15 minutes longer.

Shredded Cabbage & Rutabaga Cole Slaw

Serves 6

3 cups shredded cabbage
1½ cups shredded rutabaga or turnip
¼ cup chopped fresh parsley
1 small onion, chopped
½ teaspoon salt, or to taste
⅛ teaspoon ground black pepper
1/16 teaspoon garlic powder
2 teaspoons fresh lemon juice
3 tablespoons mayonnaise

Thoroughly combine all ingredients; serve cold.

Orange-Glazed Carrots & Parsnips

Serves 4

3 medium carrots, sliced 1-inch thick
3 medium parsnips, sliced 1-inch thick
boiling water
2 tablespoons freshly squeezed orange juice
2 tablespoons honey
1 tablespoon butter or margarine
¼ teaspoon freshly grated orange peel

1. Cook carrots and parsnips in 1-inch boiling water in a saucepan until almost tender; drain.
2. Add orange juice, honey, butter and orange peel; cook over medium heat, tossing occasionally, until vegetables are tender and evenly glazed.

Spiced Carrot Loaf Cake

Makes 1 loaf cake

½ cup dark brown sugar
½ cup sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅛ teaspoon ground cloves
¾ cup corn oil
1 teaspoon pure vanilla extract
2 cups sifted all-purpose flour
1 teaspoon double-acting baking powder
¼ teaspoon salt
2 large eggs, well beaten
1 cup grated fresh carrots
½ teaspoon grated lemon peel
½ cup coarsely chopped walnuts

1. Combine brown sugar, sugar and spices in a mixing bowl.
2. Add oil and vanilla extract; mix well.
3. Sift together flour, baking powder and salt; add flour mixture to batter, alternating with beaten eggs, starting and ending with flour mixture. (Blend well after each addition.)
4. Stir in carrots, lemon peel and nuts.
5. Turn into greased 9 × 5 × 3-inch pan; bake in preheated 350° F. oven 1 hour 5 minutes, or until cake tester inserted in center comes out clean.
6. Remove to rack; let stand 10 minutes.
7. Turn out of pan and cool thoroughly before slicing.

Fresh Carrot Pudding

Serves 6

3 eggs, separated
¼ cup sugar
¼ cup fresh orange juice
¼ teaspoon salt
1 teaspoon grated fresh orange rind
¼ teaspoon dried dill weed or 1 teaspoon snipped fresh dill
3 cups shredded raw carrots (6 large)

1. Beat egg yolks with sugar until light and fluffy.
2. Gradually add orange juice.
3. Stir in salt, orange rind, dill and carrots.
4. Beat egg whites until stiff but not dry; fold in.
5. Turn mixture into a buttered 1½-quart casserole; bake in preheated 350° F. oven 30 minutes.

Glazed Carrots

Serves 6 to 8

2 dozen medium-size young carrots
water
3 tablespoons butter or salad oil
¾ cup brown sugar
1 teaspoon Angostura aromatic bitters
pepper to taste
parsley (for garnish)

1. Scrape carrots; cook in a small amount of water in a covered saucepan 15 to 20 minutes, or until tender but not soft.
2. Drain carrots; set aside.
3. Melt butter in a skillet; add brown sugar and Angostura bitters, stirring well.
4. Add whole carrots, turning carrots until well glazed. (Keep heat low.)
5. Remove carrots from skillet; arrange on a large platter.
6. Add pepper; fill center with parsley.

Marinated Carrots

Serves 8

1 can (10¾ ounces) tomato soup
¼ teaspoon pepper
1 teaspoon salt
1 teaspoon prepared yellow mustard
½ cup corn oil
¾ cup sugar
¾ cup vinegar
2 pounds cooked carrots, sliced
1 cup minced green peppers
1 onion, minced

1. Combine soup, pepper, salt, mustard, oil, sugar and vinegar; mix until well blended.
2. Pour marinade over carrots, green peppers and onion.
3. Refrigerate overnight.
4. Serve cold as a relish.

Carrots Caribbean

Serves 3 to 4

2 cups fresh carrots, cut in thin strips
¾ cup pineapple juice
1/16 teaspoon ground black pepper
⅛ teaspoon ground nutmeg
¾ teaspoon ground cinnamon

1. Combine carrots, pineapple juice, black pepper, nutmeg and cinnamon in a medium-size saucepan; bring to a boil.
2. Reduce heat and simmer, covered, until carrots are crisp-tender, about 15 minutes.

Candied Carrots

Serves 6

1½ pounds fresh carrots or 1 package (1½ pounds) frozen cut or small whole carrots
boiling salted water
1 tablespoon butter or margarine
½ cup orange marmalade
1 tablespoon lemon juice
⅛ teaspoon ground mace

1. If fresh:
   a. Scrape carrots and remove ends.
   b. Cut into 2 × ⅜-inch strips or crosswise into ¼-inch slices.
   c. Cook in a small amount of boiling salted water, covered, until tender, 12 to 15 minutes for strips, 8 to 10 minutes for slices.
2. If frozen, cook according to package directions; drain thoroughly.
3. Melt butter in a large skillet; stir in orange marmalade, lemon juice and mace.
4. Add carrots; cook over low heat, turning several times, until evenly glazed and heated.

Carrot Cookies with Orange Icing

Makes 2 to 3 dozen cookies

¾ cup butter or margarine
¾ cup sugar
1 egg, beaten
1 cup cold mashed cooked carrots
2 cups sifted all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon pure vanilla extract
⅓ cup chopped walnuts
Orange Icing (page 29)

1. Cream together butter and sugar until fluffy.
2. Add egg and carrots; blend well.
3. Stir in dry ingredients.
4. Stir in vanilla and nuts; mix well.
5. Drop by teaspoons on ungreased cookie sheet; bake in preheated 400° F. oven 20 minutes.
6. Cool on wire racks before frosting with Orange Icing.

Orange Icing

3 tablespoons melted butter
juice and grated rind of 1 orange
1 cup confectioner's sugar

1. Combine butter, orange juice and rind.
2. Add sugar, beating until icing is desired thickness.

Carrot Casserole I

Serves 8

2½ pounds carrots, sliced
boiling water
2½ cups Cheddar cheese cubes
1 large onion, sliced
½ cup margarine, melted
bread crumbs

1. Blanch carrots in boiling water; remove and drain.
2. Layer carrots, cheese and onion in a buttered casserole dish; drizzle margarine over each layer.
3. Sprinkle with bread crumbs.
4. Freeze.
5. Before baking, thaw in refrigerator.
6. Bake, uncovered, in preheated 325° F. oven 40 minutes.

Carrot Casserole II

Serves 8

2 cans (16 ounces each) sliced carrots, well drained
1 can (10¾ ounces) condensed cream of celery soup, undiluted
1 cup grated American cheese
½ cup dry bread crumbs
2 tablespoons butter or margarine, melted

1. Combine carrots, soup and cheese in a 1½-quart casserole.
2. Mix bread crumbs and melted butter together; sprinkle over top of casserole.
3. Bake in preheated 350° F. oven 25 to 30 minutes.

Orange-Glazed Carrots & Celery

Serves 6 to 8

½ cup light or dark corn syrup
⅓ cup margarine
1 teaspoon grated orange rind
¼ cup orange juice
2 pounds carrots, cut in 2-inch pieces, cooked
6 ribs celery, cut in 1-inch pieces

1. Heat corn syrup, margarine, orange rind and juice in a large skillet over medium heat until margarine is melted; stirring occasionally, cook 10 minutes, or until thickened.
2. Add carrots and celery; stirring occasionally, cook 8 to 10 minutes, or until glazed.

Carrots, Sweet & Sour

Serves 6

1½ pounds whole baby carrots, peeled and trimmed
water
⅓ cup honey
⅓ cup fresh lemon juice
1 cup slivered red or green bell pepper
⅛ teaspoon cardamom
⅛ teaspoon cloves
⅛ teaspoon cinnamon
⅛ teaspoon ginger
⅛ teaspoon seasoned salt
⅛ teaspoon lemon pepper
1½ tablespoons Marsala wine

1. Parboil carrots in water until almost tender; drain.
2. Combine remaining ingredients to make a glazed sauce.
3. Cook carrots in sauce until tender and glazed, stirring occasionally.

Cauliflower Polonaise

Serves 6

1 large cauliflower
1 teaspoon lemon juice or vinegar
boiling water
¾ cup fine bread crumbs
6 tablespoons butter
1 tablespoon minced parsley
¼ teaspoon salt
¼ teaspoon paprika
dash of ground white pepper
¾ cup grated cheese

1. Trim leaves, stalks and core from cauliflower.
2. Place cauliflower in a saucepan filled with lemon juice and boiling water to nearly cover head; cover and cook until cauliflower is barely cooked.
3. Drain; keep hot.
4. Meanwhile, sauté bread crumbs in butter until golden.
5. Add parsley, salt, paprika and white pepper.
6. Put cauliflower in a serving bowl; spoon crumb mixture evenly over cauliflower.
7. Dust with grated cheese; serve at once.

Cauliflower with Tomatoes

Serves 4 to 6

1 large cauliflower, broken into flowerets
1 small clove garlic, chopped
3 tablespoons olive oil
½ teaspoon salt
½ cup chopped tomatoes
1 teaspoon chopped parsley
2 tablespoons Parmesan cheese

1. Boil cauliflower until tender; drain.
2. Sauté garlic in olive oil until browned; remove garlic.
3. Add flowerets to olive oil; sauté lightly.
4. Add salt and tomatoes; cover and simmer 5 minutes.
5. Arrange in a serving dish; sprinkle with parsley and cheese.

Cauliflower, Spanish Main

Serves 6

1 medium-size head fresh cauliflower or 2 packages frozen cauliflower
water
salt
3 tablespoons butter or margarine
3 tablespoons flour
2 teaspoons Angostura aromatic bitters
1½ cups milk
1 package (3 ounces) soft cream cheese
parsley sprigs (optional garnish)

1. Remove outer leaves and stalks of fresh cauliflower; break into flowerets.
2. Soak cauliflowerets in cold water 15 minutes; drain.
3. Place in saucepan and cover with cold water; add ½ teaspoon salt per cup of water, bring to a boil, and cook 10 minutes. Drain.
4. If frozen, cook cauliflower according to package directions.
5. Meanwhile, prepare cream sauce:
   a. Melt butter in a saucepan over very low heat; add flour and ¾ teaspoon salt, stirring until smooth.
   b. Mix Angostura bitters with milk; gradually add to flour mixture, stirring constantly to avoid lumps.
   c. Cook, stirring, until smooth and thickened.
6. Add cooked cauliflower to sauce; pour mixture into a buttered baking dish.
7. Dot top with pieces of cream cheese; bake in preheated 400° F. oven until sauce bubbles and cheese is slightly browned.
8. Garnish with parsley if desired.

Cheesey Cauliflower & Peas

Serves 6

1 package (10 ounces) frozen cauliflower
1 package (9 ounces) frozen green peas
1 tablespoon butter or margarine
1 tablespoon all-purpose flour
½ cup milk
½ cup grated American cheese
1½ teaspoons original Worcestershire sauce
cayenne to taste
1 jar (2 ounces) sliced pimientos, drained (for garnish)

1. Cook cauliflower and peas according to package directions; drain and set aside.
2. Melt butter in a medium-size saucepan; add flour and stir briskly.
3. Add milk; heat, stirring constantly, until thickened and bubbly.
4. Remove from heat; stir in cheese, Worcestershire sauce and cayenne, stirring constantly until cheese is melted.
5. Return pan to low heat; add reserved vegetables and cook 2 minutes.
6. Spoon into serving bowl; garnish with pimientos.

Fresh Cauliflower-Chestnut Casserole

Serves 6

1 medium-size head cauliflower (1½ pounds)
1 inch boiling water
1¼ teaspoons salt
1 pound chestnuts* or ¾ cup sliced blanched almonds
2 tablespoons butter or margarine
¼ teaspoon ground white pepper
2 tablespoons hot water

1. Break cauliflower into flowerets; place in a saucepan with 1 inch boiling water and 1 teaspoon salt.
2. Bring to a boil, uncovered; cook 5 minutes.
3. Cover and cook until about ¾ done; drain.
4. Put a layer of cauliflower in a buttered casserole; cover with a layer of chestnuts and dot with butter.
5. Sprinkle lightly with white pepper mixed with ¼ teaspoon salt.
6. Continue layering until all ingredients are used.
7. Add 2 tablespoons hot water.
8. Bake, covered, in preheated 350° F. oven 30 minutes.

*To prepare chestnuts: Prick with a fork or split top end in a cross slit. Place them in a preheated 350° F. oven or in a slightly greased skillet. Cover and cook over low heat until outer shell cracks. Shell, while warm, and cook in boiling salted water until tender. (The brown coating around chestnuts will come off during the boiling process.) Chop medium-fine.

Hurry-Curry Cauliflower

Serves 4

1 medium-size head cauliflower (1½ pounds)
½ cup water
¼ teaspoon salt
Hurry-Curry Sauce

1. Wash cauliflower; remove green leaves and cut slice off stem end.
2. Combine water and salt in a 1½-quart covered microwave-proof casserole; place cauliflower in casserole, stem-side down.
3. Microwave on HIGH 12 to 15 minutes, turning cauliflower halfway through cooking time.
4. Remove to a serving platter; let stand 5 minutes before serving.
5. Serve with Hurry-Curry Sauce.

Hurry-Curry Sauce

Makes 1 cup sauce

3 egg yolks
2 tablespoons light cream or milk
1 to 2 tablespoons freshly squeezed lemon juice
½ teaspoon curry powder
¼ teaspoon salt
½ cup butter or margarine, melted

1. Combine egg yolks, cream, lemon juice, curry powder and salt in an electric blender; process 10 seconds until smooth.
2. With blender on slow speed, gradually add melted butter; process 10 seconds longer until sauce is smooth and slightly thickened.
3. Serve immediately.

NOTE: Conventional cooking method: Prepare cauliflower as above. In a large saucepan, cook, covered, in 1 inch boiling, salted water 20 to 30 minutes until tender.

Creamed Celery & Onions

Serves 6

1 bunch celery with leaves
1 bay leaf
2 sprigs parsley
1 pound pearl onions, peeled
3 cups water
2 chicken-flavored bouillon cubes
½ teaspoon salt
⅛ teaspoon white pepper
3 tablespoons corn oil
½ cup milk
3 tablespoons cornstarch
¼ cup slivered almonds

1. Cut 4 inches from the top of celery bunch; rinse.
2. Tie celery tops, bay leaf and parsley together with string; set aside.
3. Trim base from remaining celery bunch; scrub stalks.
4. Diagonally slice celery stalks ½-inch thick.
5. Put celery tops, onions, water, bouillon cubes, salt and pepper in a 2-quart saucepan; bring to a boil.
6. Cover and simmer 20 minutes, or until onions are tender.
7. Discard celery tops.
8. Heat oil in a large skillet over medium heat; add celery and cook 2 minutes.
9. Add onions and broth.
10. Stir milk into cornstarch until smooth; add to skillet.
11. Stirring constantly, bring to boil over medium heat; boil 1 minute.
12. Sprinkle with almonds and serve.

Fruited Celery

Serves 6

1 stalk celery
3 tablespoons butter or margarine
⅓ cup chopped onion
1 apple, diced
½ cup golden raisins
1 tablespoon original Worcestershire sauce
1¼ teaspoons salt

1. Separate celery into ribs; cut off leaves (save for soups and stews).
2. Slice ribs diagonally into 1-inch pieces (makes about 6 cups).
3. Melt butter in a large skillet; add onion and celery.
4. Sauté until tender, about 5 minutes.
5. Mix in apple, raisins, Worcestershire sauce and salt; stir-fry until celery is crisp-tender, about 5 minutes.

Celery-Bean Casserole

Serves 6

1 cup sliced celery
¼ cup chopped onion
1 can (16 ounces) pork and beans
¼ teaspoon celery seed
1 tablespoon brown sugar
1 tablespoon original Worcestershire sauce
1 tablespoon prepared mustard
3 dashes of Tabasco sauce
¾ cup French-fried onion rings
1 clove garlic, crushed

1. Cover the bottom of a 1½-quart casserole dish with celery and onion.
2. Combine remaining ingredients except onion rings; pour over celery layer.
3. Bake, covered, in preheated 350° F. oven 30 minutes.
4. Remove cover; top with onion rings and bake, uncovered, about 5 minutes, or until onions are browned.

Italian-Style Chicory

Serves 4 to 6

1 head chicory
3 tablespoons olive oil
¼ cup chopped fresh onion
1 clove garlic, crushed
¼ teaspoon dried leaf oregano
¼ cup packaged seasoned bread crumbs
2 tablespoons grated Parmesan cheese

1. Wash chicory; drain.
2. Heat oil in a large saucepan; add onion, garlic and oregano.
3. Cut chicory into 1-inch pieces; add to heated oil.
4. Cover and simmer over low heat 15 minutes, stirring occasionally. As chicory cooks, it will produce a small amount of liquid. This may be drained off, if desired.
5. Mix together bread crumbs and Parmesan cheese; sprinkle over cooked chicory and mix lightly.

Fresh Collard Greens with Bacon

Serves 6

2 pounds fresh collard greens
½ cup boiling water
½ teaspoon salt
3 tablespoons bacon fat
3 strips crisp bacon, crumbled

1. Cut off coarse stems of collards; wash and cut into 2- to 3-inch lengths.
2. Place in a saucepan with water, salt and bacon fat; cover and cook only until tender, 30 minutes. (Cooking time depends upon age of the greens.)
3. Remove from heat and toss lightly with crumbled crisp bacon.
4. Serve hot.

Corn Pudding

Serves 6

½ cup sugar
1 full teaspoon cornstarch
¼ cup butter or margarine, melted
2 eggs, beaten
1 cup milk
¾ teaspoon salt
1 can (16 ounces) creamed corn
1 teaspoon pure vanilla extract

1. Mix sugar and cornstarch; add melted butter.
2. Add beaten eggs, milk and salt.
3. Stir in corn and vanilla.
4. Bake in preheated 375° F. oven until brown on top, about 30 to 35 minutes.

Fresh Corn & Oyster Casserole

Serves 4 to 6

3 cups (4 ears) fresh corn, cut off the cob
½ cup soft bread crumbs
1 cup drained oysters (fresh or frozen)
1 egg, beaten
1¼ teaspoons salt
1 teaspoon whole celery seed
⅛ teaspoon ground black pepper
4 tablespoons butter or margarine

1. Combine corn, ¼ cup bread crumbs, oysters, egg, salt, celery seed and pepper.
2. Break 2 tablespoons butter into small pieces; add to corn mixture.
3. Turn mixture into a greased 1-quart casserole.
4. Melt remaining butter; mix with remaining crumbs.
5. Sprinkle crumbs over top of casserole.
6. Bake in preheated 350° F. oven 40 minutes, or until crumbs are brown and corn is tender.

Foiled Corn, Grilled

Serves 4 to 6

6 ears young, tender sweet corn
butter or margarine, softened
salt to taste
pepper to taste
water

1. Strip off corn husks and remove silk.
2. Brush ears evenly with softened butter; season liberally with salt and pepper.
3. Place each ear on a double thickness of foil; sprinkle with a few drops of water.
4. Wrap foil securely around corn, sealing tightly.
5. Place corn on grill; cook over medium coals 15 to 20 minutes, turning often to cook evenly. (Can also be oven-roasted in preheated 350° F. oven about same length of time.)

NOTE: Delicious eating!

Corn 'n Pepper Fritters

Makes about 24 fritters

1 egg
½ cup milk
1 can (12 ounces) golden whole kernel corn with sweet peppers, undrained
peanut oil
1½ cups unsifted all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
dash of pepper
syrup (optional)

1. Beat egg in a large bowl; stir in milk, corn and 1 tablespoon peanut oil.
2. Add and beat in flour, baking powder, salt and pepper.
3. Drop by tablespoonfuls into deep or shallow hot peanut oil heated to 375° F.; fry until golden brown, 2 to 3 minutes on each side.
4. Drain on paper towels; serve hot. (If desired, serve with syrup.)

Cool Corn Salad

Serves 4 to 6

¼ cup dairy sour cream
¼ cup mayonnaise
1 tablespoon prepared mustard
2 teaspoons white vinegar
1 teaspoon sugar
¼ teaspoon salt
⅛ teaspoon pepper
1 can (17 ounces) golden whole kernel corn, drained
1 jar (2 ounces) sliced pimientos, drained and diced
2 carrots, peeled and grated
½ cup diced onion

1. Make dressing by combining sour cream, mayonnaise, mustard, vinegar, sugar, salt and pepper in a medium-size bowl.
2. Add remaining ingredients; toss to blend.
3. Cover and refrigerate 1 hour.

Corn O' Plenty in Toast Cups

Serves 4 to 5

2 tablespoons butter or margarine
1 jar or package (about 3 ounces) dried beef, shredded
2 tablespoons minced onion
1 tablespoon all-purpose flour
¾ cup milk
1 can (17 ounces) cream-style golden corn
½ cup shredded sharp Cheddar cheese
2 tablespoons minced green pepper
Toast Cups (page 37) or toast

1. Melt butter in a skillet; sauté beef and onion until beef begins to curl.
2. Remove from heat; blend in flour.
3. Stir in milk; cook over medium heat until thickened.
4. Add corn; heat through.
5. Stir in cheese and green pepper; heat until cheese melts.
6. Serve in Toast Cups or over toast.

Toast Cups

8 to 10 slices thin sandwich bread
softened butter

1. Remove crusts from 8 to 10 slices bread.
2. Spread bread on both sides with softened butter.
3. Press each slice into muffin tin.
4. Bake in preheated 375° F. oven 12 minutes.

Dandelion Salad

Serves 6

1 pound dandelion greens
1 small red onion, diced
1 pimiento, minced (optional)
½ cup wine vinegar
½ cup water
½ cup fine-grade olive oil
pinch of sugar
¼ teaspoon salt
⅛ teaspoon freshly ground black pepper
¼ teaspoon oregano
1 hard-cooked egg sieved, (for garnish)

1. Remove flowers and stems from greens and discard.
2. Wash greens carefully in several waters; dry on paper towels.
3. Cut into 2-inch pieces with a sharp knife.
4. Put greens, onion and pimiento in a salad bowl.
5. Combine remaining ingredients except egg in a wide-mouth screw-top jar; shake to mix well.
6. Pour dressing over greens, tossing to coat; garnish with hard-cooked egg. Delicious with hard rolls or French bread.

NOTE: If desired, sauté onion and 2 pieces lean bacon together in small skillet. Dry bacon, then crumble and add with egg for garnish. Use bacon drippings in lieu of olive oil to flavor dressing. Great tasting!

Eggplant Angostura

Serves 6

1 medium eggplant
salt
pepper
butter or corn oil
2 medium-size onions, peeled and sliced
½ pound cheese, sliced
2 teaspoons Angostura aromatic bitters
2 cans (8 ounces each) tomato sauce

1. Slice eggplant; sprinkle with salt and pepper.
2. Sauté in hot fat until lightly browned on both sides.
3. Place alternate layers of eggplant, sliced onions and sliced cheese in a casserole.
4. Add Angostura aromatic bitters to tomato sauce; add additional salt if needed.
5. Pour sauce over ingredients in casserole; bake in preheated 375° F. oven 20 minutes.

Herbed Escarole

Serves 6 to 8

2 pounds escarole
2 cloves garlic, split
¼ cup olive oil
½ teaspoon whole oregano leaves
1¼ teaspoons salt
¼ teaspoon freshly ground black pepper

1. Wash escarole; trim and discard all outer leaves. Separate and drain.
2. Cut leaves into quarters; brown garlic in olive oil and discard.
3. Add escarole and oregano; cover and cook over medium heat 10 to 15 minutes, or until tender. (The cooking time will depend upon the age of the greens.)
4. Season with additional salt and pepper.

Chef's Salad with Horseradish Dressing

Serves 6

¼ pound sliced salami
¼ pound sliced bologna
¼ pound sliced Swiss cheese
1 head romaine
1 head chicory
1 red onion, sliced
Horseradish Dressing

1. Cut half the salami slices in half; roll to make cornucopias. Set aside.
2. Cut remaining salami, bologna and Swiss cheese into ¼-inch strips.
3. Reserve a few romaine leaves to line bowl; tear remaining romaine and chicory into bite-size pieces.
4. Line bowl with reserved romaine leaves; place torn greens in bowl and add onion.
5. Arrange salami cornucopias in center and surround with strips of meat and cheese.
6. Serve with Horseradish Dressing.

Horseradish Dressing

3 tablespoons fresh lemon juice
½ cup olive oil
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon prepared horseradish
1 clove garlic, crushed

1. Mix lemon juice and olive oil in a small bowl.
2. Add salt, pepper, horseradish and garlic; mix well.

Jicama

This turnip-shaped tubular vegetable with a tough skin is a newcomer to American markets. Its taste is somewhat like water chestnuts, but it remains crisp after cooking. Low in calories, jicama is best peeled and served raw in salads or as an appetizer, or fried and baked like potatoes.

Kale Colcannon

Serves 6

2 pounds potatoes (6 medium)
boiling water
1 bunch fresh kale
1 egg
2 tablespoons grated fresh onion
¼ cup milk
2 tablespoons butter or margarine
1 teaspoon salt
⅛ teaspoon pepper

1. Cook potatoes in boiling water to cover 30 to 40 minutes, or until very tender; drain, cool and peel.
2. Place potatoes in a large bowl; mash well.
3. While potatoes are cooking, wash kale and remove coarse stems.
4. Put kale in a large saucepan with 1 cup boiling water; cover and cook 5 minutes.
5. Drain and chop kale.
6. Add chopped kale to potatoes in bowl; add egg and remaining ingredients, beating until smooth.
7. Reheat in a large saucepan over low heat, stirring almost constantly.

Herbed Fresh Kale

Serves 6

2 pounds fresh kale
2 tablespoons minced onion
¾ teaspoon salt
½ teaspoon ground marjoram
½ teaspoon sugar
⅛ teaspoon ground black pepper
2 tablespoons bacon fat

1. Wash kale; cut off all tough stems.
2. Place kale in a saucepan with onions, salt, marjoram, sugar and black pepper; cover and cook 20 minutes, or until tender.
3. Add bacon fat; mix well and serve.

Jan's Creamed Kohlrabi

Serves 6

8 small kohlrabi
½ cup boiling water
½ teaspoon salt
2 tablespoons butter or margarine
¼ cup heavy cream
white pepper to taste

1. Carefully wash kohlrabi; remove tops with a sharp knife and remove any discolored leaves or tough stems.
2. Chop greens; peel and dice bulbs.
3. Drop diced kohlrabi into boiling salted water in a saucepan; cover and simmer 5 to 7 minutes, or until nearly tender.
4. Add greens; cook, uncovered, until greens are barely cooked.
5. Drain, reserving cooking liquid for soup.
6. Add butter and cream; heat until butter is melted.
7. Season to taste with more salt and white pepper.
8. Serve at once.

Baked Leeks in Cheese Sauce

Serves 6

2 pounds leeks
salted water
¼ cup plus 3 tablespoons grated Cheddar cheese
3 cups Medium White Sauce
freshly ground black pepper
salt
buttered bread crumbs

1. Wash and slice leeks; soak in salted water.
2. Meanwhile, stir ¼ cup grated cheese into Medium White Sauce; heat and stir until cheese is melted and sauce is smooth.
3. Spoon sauce into buttered 1-quart casserole.
4. Put leeks in sauce; cover with remaining cheese.
5. Sprinkle cheese liberally with pepper and salt; top with buttered crumbs.
6. Bake, uncovered, in preheated 350° F. oven 30 minutes, or until brown on top.

Medium White Sauce

Makes about 1 cup

2 tablespoons flour
2 tablespoons butter or margarine, melted
1 cup milk
salt to taste
pepper to taste

1. Blend flour into butter in a saucepan or skillet; cook and stir until a smooth paste.
2. Gradually add milk, stirring constantly; cook until thickened.
3. Season to taste with salt and pepper.

Honey-Baked Lentils

Serves 6 to 8

1 pound uncooked lentils
water
1 teaspoon dry mustard
¼ teaspoon ginger
2 tablespoons soy sauce
½ teaspoon freshly ground black pepper
1 yellow onion, chopped
6 slices lean bacon
½ cup honey

1. Add lentils to a saucepan with 2½ quarts water; bring to boil and cook 30 minutes.
2. Drain lentils, reserving some of the cooking liquid.
3. Put lentils in a greased 2-quart casserole.
4. Combine mustard, ginger, soy sauce and pepper in a small bowl; pour over lentils.
5. Scatter chopped onions over lentils.
6. Cut bacon into julienne strips; toss over top of lentils and onions.
7. Pour honey over all.
8. Cover tightly and bake in preheated 350° F. oven 1 hour 55 minutes.
9. Remove lid and bake 5 to 10 minutes longer. (During cooking add reserved liquid if lentils seem too dry.)

Lettuce & Radish Slaw

Serves 8

½ cup dairy sour cream
½ cup mayonnaise
1 tablespoon prepared yellow mustard
2 tablespoons chopped fresh onion
1 tablespoon fresh lemon juice
½ teaspoon salt
⅛ teaspoon Tabasco pepper sauce
1 tablespoon dill weed
8 cups shredded iceberg lettuce (1 large head)
2 cups sliced radishes

1. Combine sour cream, mayonnaise, mustard, onion, lemon juice, salt, Tabasco and dill weed in small jar; cover and shake to mix well.
2. Chill.
3. To serve, combine lettuce and radishes in a large bowl; add dressing, tossing to mix well.

Lettuce Medley Parisienne

Serves 4

1 pound white onions
¼ cup boiling water
1½ pounds fresh green peas, shelled
¼ cup butter or margarine
1 head lettuce
1 teaspoon salt
⅛ teaspoon pepper

1. Peel onions and place in a saucepan with boiling water; cover and cook 3 minutes.
2. Add peas and butter; cover and cook 3 minutes.
3. Cut lettuce into 4 wedges; place over peas.
4. Sprinkle with salt and pepper, cover and cook 5 minutes.
5. Serve immediately.

Savory Lima Beans

Serves 6

2 slices bacon
1 tablespoon flour
½ teaspoon sugar
1 can (16 ounces) stewed tomatoes
1 can (16 ounces) fordhook green lima beans, drained
salt to taste

1. Cook bacon until crisp; drain on paper towel, reserving 2 tablespoons drippings in skillet.
2. Mix flour and sugar; add to skillet, stirring to blend.
3. Add tomatoes and lima beans; heat, stirring constantly, until mixture thickens slightly and is heated through.
4. Add salt to taste.
5. Place in serving dish; top with crumbled bacon.

Lima Bean Creole with Variations

Serves 6

2 packages (10 ounces each) frozen lima beans
6 slices bacon
¼ cup minced onion
2 tablespoons chopped green pepper
½ teaspoon salt
pepper as desired
2 cups cooked or canned tomatoes

1. Cook beans as directed on package; drain.
2. Fry bacon; drain on paper towel, reserving drippings.
3. Brown onion and green pepper in 2 tablespoons bacon drippings.
4. Crumble bacon; add to beans along with onion, green pepper, seasonings and tomatoes.
5. Cover and simmer gently 15 minutes.

Green Bean Creole (Variation)

Use 2 packages (10 ounces each) frozen cut green beans instead of lima beans.

Eggplant Creole (Variation)

Use 1 medium-size eggplant, pared and cubed, instead of beans. Do not cook eggplant before combining with other ingredients. Increase salt to 1 teaspoon. Cook 15 to 20 minutes, or until eggplant is tender.

Lima Beans with Cheese

Serves 4

2 pounds lima beans, shelled
boiling salted water
½ teaspoon celery salt
¼ cup light cream
¼ teaspoon pepper
½ cup grated process American cheese
1 tablespoon butter, melted

1. Cook beans in a small amount of boiling salted water until tender; drain.
2. Mix beans with remaining ingredients; put in a 1-quart casserole.
3. Bake in preheated 350° F. oven 15 minutes, or until thoroughly heated.

Chili Limas

Serves 4

2 pounds lima beans, shelled
boiling salted water
1 small onion, minced
3 tablespoons butter or margarine
⅓ cup chili sauce
dash of cayenne

1. Cook beans in a small amount boiling salted water until tender.
2. Cook onion in butter until tender; add chili sauce and a dash of cayenne.
3. Drain beans; add sauce and heat well.

Favorite Lima Barbecue

Serves 4

1 package (10 ounces) frozen fordhook lima beans
¼ cup diced onion
dash of garlic powder
2 tablespoons corn oil
1 can (8 ounces) tomato sauce
3 tablespoons brown sugar
1½ tablespoons lemon juice
½ teaspoon dry mustard
¾ teaspoon salt
2 teaspoons original Worcestershire sauce

1. Cook lima beans according to package directions; drain.
2. Meanwhile, sauté onion and garlic powder in oil until onion is tender.
3. Stir in tomato sauce, brown sugar, lemon juice, mustard, salt and Worcestershire sauce; heat to a boil.
4. Reduce heat and simmer, uncovered, 15 minutes.
5. Add drained beans; simmer an additional 10 minutes, or until sauce is slightly thickened.

Elegant Mushroom Casserole

Serves 4

2 bouillon cubes (chicken or vegetarian)
¼ cup hot water
1 pound fresh mushrooms
2 tablespoons flour
½ cup heavy cream
½ teaspoon salt
dash of pepper
½ cup fine dry bread crumbs
½ cup freshly grated Parmesan cheese
¼ cup butter or margarine

1. Dissolve bouillon cubes in water in a small saucepan; cool.
2. Wash and slice mushrooms into a 2-quart casserole.
3. Stir flour into bouillon until smooth.
4. Add cream, salt and pepper; cook until thickened.
5. Pour cream sauce over mushrooms.
6. Mix crumbs and cheese; sprinkle over top.
7. Dot with butter; bake in preheated 350° F. oven 30 minutes, or until browned.

Marinated Mushrooms

Makes about 1 quart; serves 8

1 pound fresh mushrooms
6 tablespoons olive or vegetable oil
¾ cup dry white wine
1½ teaspoons salt
⅛ teaspoon cayenne pepper
¼ teaspoon dried leaf oregano
¼ cup chopped fresh parsley
2 tablespoons chopped fresh onion
3 tablespoons fresh lemon juice

1. Slice mushrooms; place in a glass or earthenware bowl and set aside.
2. Combine remaining ingredients in a saucepan; simmer 15 minutes.
3. Remove from heat; pour over mushrooms.
4. Cover and refrigerate several hours.

Steamed Mushrooms

Serves 4 to 6

1 pound medium-size mushrooms, washed and trimmed
1 teaspoon seasoned salt
⅛ teaspoon seasoned pepper
¼ teaspoon paprika
¼ cup butter or margarine
2 tablespoons dry sherry
¼ cup chopped parsley

1. Place mushrooms in the center of a 24 × 18-inch piece of heavy-duty foil.
2. Sprinkle with seasoned salt, seasoned pepper and paprika.
3. Dot with butter; sprinkle sherry over all.
4. Fold foil securely, leaving room for steam expansion; place in a shallow baking pan.
5. Bake in preheated 400° F. oven 20 minutes.
6. Before serving, sprinkle with parsley.

NOTE: This dish may be prepared on top of the barbecue.

Mushroom-Rice Ring Amandine

Serves 8

¼ cup butter or margarine
2½ cups (½ pound) sliced mushrooms
¾ cup chopped onions
1¾ cups uncooked processed rice
1 can (10¾ ounces) condensed chicken broth
2¾ cups water
1 tablespoon original Worcestershire sauce
½ teaspoon salt
⅓ cup toasted sliced almonds
¼ cup chopped parsley
2 packages (10 ounces each) frozen green peas, cooked and drained

1. Melt butter in a large skillet.
2. Add mushrooms and onions; sauté until tender, about 5 minutes.
3. Stir in rice, broth, water, Worcestershire sauce and salt; bring to a boil.
4. Reduce heat and simmer, covered, until rice is tender and liquid is absorbed, about 25 minutes.
5. Stir in almonds and parsley.
6. Pack into a buttered 6-cup ring mold.
7. Unmold onto a heated platter; fill center of ring with hot peas.

Mushroom-Parsley Stuffed Green Peppers

Serves 6

6 green peppers
boiling water
1½ teaspoons salt
¼ teaspoon minced garlic
¼ cup minced onion
4 cups toasted bread cubes
⅓ cup butter or margarine
4 cups diced fresh mushrooms
1 teaspoon fresh lemon juice
¾ teaspoon Italian seasoning
1½ cups finely chopped parsley
¼ cup heavy cream

1. Wash peppers; cut a thin slice from the stem end of each. Remove seeds.
2. Place peppers in a saucepan with boiling water to cover and 1 teaspoon salt; cover and bring to a boil.
3. Boil 5 minutes.
4. Remove peppers from water; invert on a tray to drain well.
5. Sauté garlic, onion and bread cubes in butter until onion is transparent and bread cubes are golden, about 8 minutes.
6. Add mushrooms and lemon juice; cook 2 to 3 minutes.
7. Stir in remaining salt, Italian seasoning, parsley and heavy cream.
8. Spoon into drained peppers.
9. Place peppers in a close-fitting casserole; cover and bake in preheated 375° F. oven 20 minutes.

Stewed Okra & Tomatoes

Serves 6

1 small onion, chopped
2 tablespoons corn oil
1 package (10 ounces) frozen okra
1 can (16 ounces) tomatoes
½ teaspoon salt
¼ teaspoon pepper

1. Cook onion in oil in a saucepan over moderate heat until golden.
2. Add remaining ingredients; cook until okra is tender and mixture thickens, 10 to 15 minutes, stirring occasionally to prevent sticking.

Onion Casserole

Serves 6 to 8

2 tablespoons butter or margarine
2 large Bermuda onions, peeled, sliced and separated into rings
½ pound Swiss cheese, grated (about 2 cups)
¼ teaspoon ground pepper
1 can (10 ¾ ounces) condensed cream of chicken soup
1 cup milk
8 slices buttered, slightly dry bread (amount of bread optional)

1. Melt butter in a large frying pan; add onions.
2. Cover and cook slowly over low heat, stirring often, 15 minutes, or until onions are soft.
3. Spoon onions into a 6-cup baking dish; spread cheese over top.
4. Sprinkle with pepper.
5. Heat together soup and milk in the same frying pan, stirring constantly until smooth.
6. Pour liquid over onion-cheese layer; stir lightly with tip of knife to let sauce flow to bottom of baking dish.
7. Overlap bread slices in ring on top.
8. Bake in preheated 350° F. oven 30 minutes, or until bread is toasted and sauce is bubbly.

Spicy Baked Onions

Serves 8

⅓ cup butter or margarine
1 tablespoon brown sugar
1½ teaspoons salt
¼ teaspoon ground nutmeg
⅛ teaspoon ground cayenne pepper
1/16 teaspoon ground cloves
1/16 teaspoon ground white pepper
2 dozen small white onions, peeled and parboiled
¼ cup blanched slivered almonds, toasted

1. Melt butter or margarine in a shallow baking dish.
2. Add brown sugar, salt and spices; mix well.
3. Add onions; stir until coated.
4. Cover dish and bake in preheated 375° F. oven 45 minutes, or until done, stirring every 15 minutes.
5. Sprinkle toasted almonds over the top.

Whipped Onions & Potatoes

Serves 4

3 onions
3 medium potatoes
boiling salted water
3 tablespoons butter
salt to taste
pepper to taste

1. Peel and quarter onions and potatoes.
2. Cook onions and potatoes in a small amount of boiling salted water until potatoes are tender.
3. Drain and mash.
4. Add butter, salt and pepper to taste; beat well.

Roasted Onions

Serves 8

2 packages (20 ounces each) frozen baby onions
4 teaspoons brown sugar
1 teaspoon seasoned salt
dash of seasoned pepper
2 tablespoons dry au jus gravy mix
½ cup water
½ cup white wine
3 tablespoons butter
2 tablespoons lemon juice
2 tablespoons chopped parsley

1. Place frozen onions in a 2-quart baking dish.
2. Add brown sugar, seasoned salt, seasoned pepper, gravy mix, water and wine; mix well.
3. Dot with butter.
4. Cover and bake in preheated 375° F. oven 45 minutes.
5. Uncover and bake 15 to 20 minutes longer, or until top is glazed.
6. Add lemon juice and parsley just before serving.

French-Fried Onion Rings

Serves 8 to 10

3 to 4 large Spanish onions
ice water
1 cup unsifted all-purpose flour
½ teaspoon salt
½ teaspoon baking soda
1 egg
1 cup buttermilk
peanut oil

1. Cut onions into ¼-inch-thick slices; separate slices into rings.
2. Soak rings in ice water at least 2 hours; drain and dry thoroughly.
3. Meanwhile, sift flour with salt and baking soda.
4. Beat egg; add buttermilk.
5. Add dry ingredients to egg mixture; beat until blended.
6. Dip onion rings in batter; fry in deep hot peanut oil heated to 375° F. until golden brown; drain on paper towels.

Fresh Parsnip Cakes

Serves 4

2 cups mashed cooked parsnips
1½ teaspoons salt
¼ teaspoon ground black pepper
1 teaspoon sugar
1 teaspoon paprika
1 teaspoon fresh lemon juice
1 egg
½ cup fine dry bread crumbs
flour
bacon drippings

1. Combine mashed parsnips, salt, black pepper, sugar, paprika, lemon juice, egg and bread crumbs; mix well.
2. Shape mixture into 2½-inch patties, ½-inch thick.
3. Dip patties in flour; sauté in bacon drippings, turning to brown both sides.
4. Serve hot.

Peas à la Crème

Serves 4

⅓ cup dairy sour cream
½ teaspoon instant chicken-flavored bouillon
½ teaspoon lemon juice
dash white pepper
1 can (16 ounces) peas
fresh dill (optional garnish)

1. Mix sour cream and bouillon in a saucepan; let stand 10 minutes to dissolve bouillon.
2. Add lemon juice and white pepper.
3. Place over low heat to blend flavors; do not boil.
4. Heat peas in their own liquid; drain.
5. Place peas in a serving dish; top with sauce.
6. Garnish with fresh dill if desired.

Dill-Sauced Peas

Serves 4

2 tablespoons butter or margarine, melted
2 teaspoons cornstarch
1 teaspoon instant chicken-flavored bouillon
¼ teaspoon onion salt
⅛ teaspoon white pepper
1 can (16 ounces) peas
½ cup dairy sour cream
½ teaspoon dill

1. Blend together butter, cornstarch, bouillon, onion salt and pepper in a saucepan.
2. Drain peas, reserving ¼ cup liquid.
3. Add reserved liquid to saucepan; stir until smooth.
4. Cook over moderate heat, stirring constantly, until slightly thickened.
5. Add sour cream and dill.
6. Stir in peas; heat to serving temperature but do not boil.

Quick Pea Medley

Serves 4

2 tablespoons butter or margarine
¼ cup chopped onion
¼ cup chopped green pepper
1 package (10 ounces) frozen peas
1 can (8¼ ounces) tomatoes, broken up
1½ teaspoons original Worcestershire sauce
½ teaspoon salt

1. Melt butter in a medium-size saucepan.
2. Add onion and green pepper; sauté 3 minutes.
3. Add peas, tomatoes, Worcestershire sauce and salt; mix gently.
4. Bring to a boil, reduce heat and simmer, uncovered, 5 minutes.

Cheese-Stuffed Potatoes

Serves 6

6 baking potatoes
corn oil
3 tablespoons butter or margarine
¼ cup chopped onion
2 teaspoons original Worcestershire sauce
½ teaspoon salt
¾ cup shredded sharp Cheddar cheese
paprika (optional)

1. Brush potatoes lightly with oil; place on a baking sheet.
2. Bake in preheated 400° F. oven until potatoes are tender, about 1 hour.
3. Cut potatoes in half lengthwise; carefully scoop out potato from skins.
4. Mash potato with butter, onion, Worcestershire sauce and salt.
5. Spoon mashed potato mixture into potato shells; top with cheese.
6. Return to hot oven and bake until cheese is melted, about 15 minutes.
7. Sprinkle with paprika if desired.

Idaho Potato Skins with Parmesan Topping

Makes 16 wedges

4 Idaho potatoes
2 tablespoons butter or margarine, melted
½ cup mayonnaise
2 tablespoons grated Parmesan cheese
2 teaspoons grated onion

1. Wash potatoes; dry and prick with a fork.
2. Bake potatoes in preheated 425° F. oven 50 to 60 minutes, or until soft.
3. Cool potatoes slightly; cut into wedge-shaped quarters and scrape out pulp.
4. Place skins, skin-side down, on baking sheet; brush lightly with melted butter.
5. Return to oven; bake 10 minutes longer, or until crispy.
6. Combine mayonnaise, cheese and onion in a small bowl; mix well.
7. Spread topping on potato skins.
8. Place under broiler, 4 inches from heat; broil 2 to 3 minutes until topping is golden.
9. Serve hot.

Potatoes au Gratin

Serves 6

4 cups thinly sliced peeled potatoes
¾ cup minced onion
¾ teaspoon salt
1 can (10 ¾ ounces) condensed Cheddar cheese soup
½ cup milk
1 tablespoon original Worcestershire sauce

1. Arrange potatoes, onions and salt in alternate layers in a well-buttered 2-quart casserole.
2. Repeat three times.
3. Heat soup, milk and Worcestershire sauce in a saucepan; pour over potato mixture.
4. Cover and bake in preheated 375° F. oven 45 minutes.
5. Remove cover; bake 15 minutes longer.

Potato Patties

Serves 6

2 cups seasoned mashed potatoes
1 egg or 2 egg yolks, slightly beaten
1 tablespoon minced onion
1 tablespoon chopped green pepper
2 tablespoons corn oil

1. Combine all ingredients except oil; mix well.
2. Shape into 6 patties.
3. Brown well in oil, about 4 minutes on each side.

NOTE: Leftover mashed potatoes or instant mashed potatoes, prepared according to package directions, may be used in this recipe.

Hashed Brown O'Brien Potatoes

Serves 8

4 tablespoons butter
½ cup chopped onion
4 cups potatoes, boiled whole, cooled, then peeled and cut into ⅓-inch cubes
¼ cup green pepper (green part only), cut into slivers 1-inch long
⅓ cup canned pimientos, cut into slivers 1-inch long
1 teaspoon salt
½ teaspoon pepper

1. Melt butter in a large skillet over medium heat.
2. Add onions; sauté until golden.
3. Add potatoes; sauté 5 minutes, stirring lightly with a fork.
4. Mix in green pepper, pimientos, salt and pepper with a fork; sauté 1 minute longer without stirring, or until brown on bottom, forming crust.
5. Turn mixture over with pancake turner; let other side brown, about 5 minutes.
6. Remove from pan with pancake turner; serve immediately.

Idaho Puff de Terre

Serves 4

1 package (3¼ ounces) instant mashed potatoes
2 eggs, separated
2 cans (4½ ounces each) deviled ham
1 cup shredded Cheddar cheese
3 tablespoons chopped chives

1. Prepare mashed potatoes according to package directions, omitting butter and reducing salt to ¼ teaspoon.
2. Beat egg yolks in a small bowl; stir in ham, cheese, chives and prepared mashed potatoes.
3. In the small bowl of electric mixer, beat egg whites until stiff; gently fold into potato mixture.
4. Spoon mixture into four buttered 10-ounce custard cups or individual soufflé dishes.
5. Bake in preheated 375° F. oven 30 minutes, or until golden brown.

Potato 'n Broccoli Supreme

Serves 8

3 cups hot mashed potatoes (5 to 6 medium potatoes)
1 package (3 ounces) cream cheese, softened
¼ cup milk
1 egg
2 tablespoons margarine
salt to taste
pepper to taste
1 can (2.8 ounces) French-fried onions
2 packages (10 ounces each) frozen broccoli spears, cooked and drained
1 cup (4 ounces) shredded American cheese

1. Whip together potatoes, cream cheese, milk, egg and margarine until smooth; season to taste with salt and pepper.
2. Fold in half the can of French-fried onions.
3. Spread potato mixture over bottom and up sides of a buttered 8 × 12-inch baking dish to form a shell.
4. Bake, uncovered, in preheated 350° F. oven 25 to 30 minutes.
5. Arrange hot broccoli spears in potato shell; sprinkle with cheese and remaining onions.
6. Bake, uncovered, 5 minutes longer.

Stuffed Baked Potatoes

Serves 6

6 medium-size baking potatoes
1 package (3 ounces) cream cheese, at room temperature
⅓ cup milk
1 teaspoon salt
⅓ cup butter or margarine
paprika

1. Rub potatoes with a little butter if soft skins are desired.
2. Bake in preheated 425° F. oven 50 to 60 minutes, or until potatoes are soft when pressed.
3. Slash tops lengthwise and crosswise; fold back flaps, scoop out inside and mash thoroughly.
4. Soften cream cheese; blend in milk, salt and butter until smooth and creamy.
5. Add cream cheese mixture gradually to hot mashed potatoes, blending thoroughly.
6. Stuff skins with potato mixture; sprinkle with paprika.
7. Return to oven a few minutes to brown tops.

Lacy Potato Fritters

Makes about 3 dozen fritters

2 eggs
1 clove garlic, minced
1 tablespoon soy sauce
1 tablespoon sesame seeds
1 tablespoon flour
1 tablespoon baking powder
3 Idaho potatoes, peeled
corn oil for frying

1. Beat eggs in a large mixing bowl; stir in garlic, soy sauce, sesame seeds, flour and baking powder.
2. Grate potatoes coarsely, using large holes of hand grater or food processor.
3. Squeeze out as much liquid as possible from potatoes.
4. Stir potatoes into egg batter.
5. Heat 2 inches oil to 325° F. in an electric frypan or deep fryer.
6. Drop a forkful of potato mixture into hot oil. (Mixture should spread to make a lacy effect.)
7. Brown quickly on one side; turn with fork and brown other side.
8. Drain on paper towels.
9. Repeat with remaining potato mixture.

French-Fried Potatoes

Serves 4 to 6

2 pounds (6 medium) potatoes, washed and pared
ice water
peanut oil
salt to taste

1. Cut potatoes into 3/8-inch-thick slices and then into 3/8-inch-wide lengthwise strips.
2. Soak potatoes 15 minutes in ice water; drain and dry thoroughly.
3. Fry potatoes, a single layer at a time, in deep hot peanut oil heated to 325° F. until potatoes are tender but not browned, about 5 to 6 minutes.
4. Remove and drain on paper towels; let stand at room temperature until ready to complete cooking.
5. Just before serving, fry potatoes, a single layer at a time, in deep hot peanut oil heated to 370° F. until potatoes are crisp and golden brown, about 2 to 5 minutes.
6. Remove and drain on paper towels.
7. Sprinkle with salt; serve immediately.

Scalloped Potatoes au Gratin

Serves 6 to 8

4 ounces yellow cheese
6 to 8 medium potatoes
salt
pepper
2 tablespoons butter
milk

1. Grate cheese.
2. Pare and cut potatoes into thin slices.
3. Arrange a layer of potatoes in the bottom of a 9-inch-square glass oven baking dish.
4. Sprinkle with salt, pepper and grated cheese; dot with butter.
5. Repeat until all of the potatoes are used; top with a layer of cheese.
6. Add milk to fill baking dish about two-thirds full.
7. Cover and bake in preheated 350° F. oven 45 minutes.
8. Uncover and bake about 10 to 15 minutes longer, or until done.

NOTE: If desired, put a thin slice of ham over potatoes. Makes a good dinner served with a cooked green vegetable.

Idaho Potato-Tomato Bake

Serves 4

2 tablespoons olive oil
1 cup chopped onion
1/4 cup chopped green pepper
1/4 cup chopped celery
2 tablespoons chopped parsley
1 clove garlic, minced
1/2 teaspoon dried leaf basil
1 bay leaf, crumbled
1 teaspoon salt
1 can (1 pound) tomatoes
4 Idaho potatoes, unpared and sliced 1/4-inch thick
1/4 cup grated Parmesan cheese

1. Heat oil in a large skillet.
2. Add onion, green pepper, celery, parsley, garlic, basil and bay leaf; cook over medium heat until onion is tender.
3. Add salt and tomatoes; heat.
4. Layer half the potatoes in a buttered 10 × 6 × 1¾-inch casserole; pour half the sauce over potatoes.
5. Layer remaining potatoes and sauce.
6. Sprinkle top with Parmesan cheese; cover with foil.
7. Bake in preheated 400° oven 1¼ hours.
8. Uncover and bake 15 minutes longer.

Potato Croquettes

Serves 8 to 10

4 or 6 medium potatoes, peeled
boiling salted water
3 tablespoons hot milk or cream
3 tablespoons butter
2 egg yolks, beaten
1 teaspoon grated onion
1½ teaspoons salt
½ teaspoon pepper
dash of nutmeg
4 cups fine cracker crumbs
3 eggs, beaten
corn oil for frying

1. Cook potatoes in boiling salted water.
2. Drain and dice potatoes (should be 3½ to 4 cups).
3. Whip with hot milk and butter.
4. Add egg yolks, onion, salt, pepper and nutmeg.
5. Spread potato mixture out in a shallow pan; chill until very cold in refrigerator.
6. Shape into finger-length croquettes; roll first in cracker crumbs, then in beaten eggs, then again in crumbs.
7. Chill croquettes until ready to fry.
8. Fry in deep oil heated to 370° F. 1 to 2 minutes.
9. Drain on paper towels.

Pumpkin Custard

Serves 6

3 eggs, separated
¼ teaspoon salt
½ cup sugar
1 cup cooked pumpkin
¼ teaspoon nutmeg
¼ teaspoon cinnamon
2 cups scalded milk
½ cup heavy cream, whipped

1. Beat egg yolks until thick and lemon-colored.
2. Add salt, sugar, pumpkin, nutmeg and cinnamon.
3. Stir in milk; fold in stiffly beaten egg whites.
4. Bake until firm in greased 1-quart casserole in preheated 350° F. oven 45 minutes, or until firm.
5. Cool; serve with whipped cream.

Hot Pumpkin Soup

Serves 6

1 cup mashed cooked pumpkin
2½ cups chicken broth
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon ground ginger
⅛ teaspoon ground nutmeg
1 tablespoon minced onion
1 cup half and half or evaporated milk
2 large eggs, beaten
chopped fresh parsley or fresh chives (for garnish)

1. Combine pumpkin and chicken broth in a saucepan.
2. Mix together flour, salt, ginger, nutmeg and onion.
3. Blend in ¼ cup half and half to make a smooth paste.
4. Gradually add remaining half and half and eggs; stir into pumpkin mixture.
5. Cook 10 minutes over low heat, stirring constantly.
6. Serve hot, garnished with chopped parsley.

Radish & Tomato Salad

Serves 4 to 6

1 large tomato
2 bunches radishes
1 teaspoon chopped fresh mint
1 tablespoon minced onion
2 tablespoons fresh lemon juice
2 tablespoons olive or salad oil
1 teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon sugar
lettuce (optional)

1. Peel tomato and dice finely.
2. Wash radishes; cut off green tops and roots.
3. Slice radishes thinly; add to tomatoes.
4. Combine remaining ingredients; pour over vegetables.
5. Serve on lettuce, if desired, or as a relish on the dinner plate.

Rutabaga & Potato Provençale

Serves 8 to 10

4 cups (2 pounds) peeled, diced rutabagas
4 cups (2 to 2½ pounds) peeled, diced potatoes
1 teaspoon salt
1 teaspoon sugar
1 inch boiling water
¼ cup butter or margarine
¼ teaspoon ground black pepper
1 tablespoon minced onion

1. Place rutabagas, potatoes, salt, sugar and enough boiling water to a depth of 1 inch in a saucepan.
2. Bring to a boil; boil, uncovered, 5 minutes.
3. Cover and continue cooking 20 minutes, or until vegetables are tender.
4. Remove cover and cook vegetables over low heat 15 minutes to evaporate water.
5. Add butter or margarine, black pepper and onion; mix well.
6. Turn into an ovenproof serving dish or casserole; rough top with a spoon.
7. Bake in preheated 350° F. oven 30 minutes.

Baked Soybeans

Serves 6

2 cups dried soybeans
6 cups water
1 teaspoon salt
¼ pound bacon, diced
½ cup chopped onion
¼ cup brown sugar, packed
1 teaspoon dry mustard
¾ cup bean cooking liquid plus water
¼ cup molasses

1. Sort soybeans to remove any discolored or cracked or shriveled beans.
2. Soak in salted water 10 minutes.
3. Bring to a boil; boil 2 minutes.
4. Remove from heat and let stand 1 hour.
5. Simmer, covered, in soaking water 2 to 3 hours, or until beans are tender. (Add water, if necessary, during cooking.)
6. Drain beans, reserving cooking liquid.
7. Place soybeans in a greased beanpot or 2-quart casserole.
8. Add remaining ingredients; stir into soybeans.
9. Cover and bake in preheated 325° F. oven 3 hours.
10. Remove cover during last hour of baking to reduce liquid and brown top.

Creamed Spinach Ring

Serves 6

2 packages (10 ounces each) frozen chopped spinach
2 tablespoons butter or margarine
2 tablespoons chopped onion
2 tablespoons all-purpose flour
2 eggs, separated
3 cans (10¾ ounces each) condensed cream of mushroom soup, undiluted
⅓ cup half and half
½ teaspoon nutmeg
salt to taste
pepper to taste
1 hard-cooked egg (for garnish)
1 jar (2 ounces) sliced pimientos, drained (for garnish)

1. Cook spinach according to package directions; drain and squeeze excess moisture from spinach.
2. Melt butter; add onion and sauté until transparent.
3. Stir in flour, beaten egg yolks, ⅓ cup undiluted soup and the half and half, stirring constantly.
4. Add spinach, nutmeg, salt and pepper; cook, stirring occasionally, until thickened.
5. Cool.
6. Meanwhile, beat egg whites until stiff peaks form; carefully fold into cooled spinach mixture.
7. Turn into a greased 4-cup ring mold; set mold in a pan of hot water.
8. Bake in preheated 325° F. oven 50 minutes, or until set.
9. Carefully invert spinach ring onto heated platter.
10. Warm remaining undiluted soup; fill center of ring mold with heated soup.
11. Garnish soup with chopped hard-cooked egg.
12. Garnish spinach ring with pimientos.

Spinach Balls

Makes about 60 appetizers

2 packages (10 ounces each) frozen chopped spinach
2 medium-size onions, chopped
6 eggs, unbeaten
2 cups herb-seasoned stuffing mix
½ cup grated Parmesan cheese
¼ cup butter or margarine, melted
1 teaspoon salt
1 tablespoon garlic salt
½ teaspoon thyme
pepper to taste

1. Thaw spinach; place in a large sieve.
2. Drain spinach thoroughly, squeezing out as much water as possible.
3. Add spinach to remaining ingredients; mix well.
4. Shape mixture into balls the size of walnuts.
5. Preheat oven to 350° F.; bake in preheated greased jelly-roll pan 20 minutes.
6. Serve promptly.

NOTE: Spinach balls may be wrapped and frozen, then thawed 1 hour before baking.

Spinach with Sesame Dressing

Serves 4 to 6

1 pound spinach
water
3 tablespoons sesame seeds
3 tablespoons soy sauce
2 tablespoons Sake

1. Wash spinach, leaving stems intact.
2. Boil spinach in a small amount of water 3 minutes, keeping stems together.
3. Toast sesame seeds in a heavy skillet until they brown and pop; grind briefly in an electric blender.
4. Add soy sauce; grind again briefly.
5. Add Sake; mix well.
6. Press excess water out of cooked spinach; cut into 1½-inch lengths.
7. Toss spinach lightly with soy-sesame dressing until coated.
8. Serve in small individual bowls.

NOTE: Cooked cauliflower or cabbage may be prepared in the same manner.

Spinach Soufflé

Serves 6

1 package (10 ounces) frozen chopped spinach
1 tablespoon minced onion
¼ cup corn oil
⅓ cup flour
1½ cups milk
1 teaspoon salt
¼ teaspoon pepper
4 eggs, separated
½ teaspoon cream of tartar

1. Cook spinach as directed on package, but omit salt; drain.
2. Lightly brown onion in oil in a heavy 1-quart saucepan; blend in flour.
3. Slowly stir in milk; bring to a boil, stirring constantly.
4. Reduce heat, and cook 1 minute longer, stirring constantly.
5. Add salt, pepper and spinach.
6. Beat egg yolks slightly; stir in a little hot mixture.
7. Stir egg yolks into remaining hot mixture; cook 1 minute longer.
8. Cool slightly.
9. Add cream of tartar to egg whites; beat until stiff but not dry.
10. Fold spinach mixture into egg whites.
11. Pour into greased 2-quart casserole; set casserole in a pan of hot water.
12. Bake in preheated 350° F. oven 1¼ hours. (Soufflé is done when a knife inserted in center comes out clean.)

Fresh Spinach Ring with Shredded Beets

Serves 8

2 pounds fresh spinach, uncooked
3 tablespoons butter or margarine
½ teaspoon salt
½ teaspoon sugar
⅛ teaspoon ground black pepper
1 teaspoon chopped onion
2 eggs, well beaten
Shredded Beets

1. Cook washed spinach in a covered saucepan, without water, over low heat until done; chop fine.
2. Add remaining ingredients except Shredded Beets to spinach.
3. Pack into a buttered 8-inch ring mold; set in pan of hot water.
4. Bake in preheated 350° F. oven 25 to 30 minutes, or until firm.
5. Unmold onto a large serving plate.

Shredded Beets

3 cups shredded raw beets
¼ cup boiling water
½ teaspoon salt
1 tablespoon fresh lemon juice
1 tablespoon butter or margarine

1. Cook beets in boiling water in a covered saucepan until tender, about 5 minutes.
2. Add remaining ingredients.
3. Spoon into center of spinach ring.

Fresh Spinach Slaw with Dill Sauce

Serves 4

2 cups finely shredded cabbage
1 cup finely shredded fresh spinach
2 teaspoons minced onion
½ teaspoon salt
⅛ teaspoon freshly ground black pepper
2 teaspoons lemon juice
1 tablespoon mayonnaise
¼ teaspoon crushed dill seed

Combine all ingredients; toss lightly.

Fresh Spinach-Filled Artichokes

Serves 4

1 package (10 ounces) fresh spinach
water
2 tablespoons chopped fresh onion
1 small clove garlic, minced
2 tablespoons melted butter or margarine
2 tablespoons flour
1 teaspoon salt
few grains of pepper
⅔ cup milk
½ cup sliced fresh carrots, cooked
4 cooked artichokes

1. Wash spinach; cook in water clinging to leaves in covered saucepan until just wilted. Drain, if necessary.
2. Chop spinach fine; set aside.
3. Sauté onion and garlic in butter or margarine until tender.
4. Blend in flour, salt and pepper.
5. Gradually stir in milk; cook over medium heat, stirring constantly, until mixture reaches its boiling point.
6. Stir in spinach and carrots.
7. Fill artichokes with spinach mixture.

Spinach & Endive Salad

Serves 6

1 clove garlic, cut in half
¼ cup olive or salad oil
1 bunch curly endive
¼ pound fresh raw spinach
¾ teaspoon dried leaf oregano
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon wine vinegar
1 tablespoon fresh lemon juice

1. Add garlic to oil; let stand 1 hour.
2. Remove garlic from oil; rub garlic over inside of wooden salad bowl.
3. Wash and dry endive and spinach thoroughly; tear into bite-size pieces and place in salad bowl.
4. Add remaining ingredients to garlic oil; pour over salad.
5. Toss lightly and serve.

Golden Emerald Baked Squash

Serves 4

1 medium-size yellow summer squash, sliced ¼-inch thick
1 medium zucchini, sliced ¼-inch thick
¼ cup butter or margarine, melted
½ cup coarsely chopped walnuts
½ cup grated Parmesan cheese
2 tablespoons chopped fresh dill or 2 teaspoons dried dill

1. Arrange half the squash and zucchini slices in a 9-inch pie plate; brush with melted butter.
2. Combine walnuts, cheese and dill in a small bowl; sprinkle half the mixture over squash.
3. Repeat with remaining ingredients.
4. Bake in preheated 350° F. oven 25 to 30 minutes, or until squash is tender.

NOTE: Recipe may be assembled in advance. Cover and refrigerate, then bake.

Spaghetti Squash with Tomato Sauce

Serves 4 to 6

1 medium onion, minced
1 clove garlic, crushed
½ pound lean ground beef, crumbled
2 tablespoons olive oil (optional)
4 cups cut ripe or canned tomatoes, undrained
1 tablespoon tomato paste
½ teaspoon dried basil
½ teaspoon oregano
salt to taste
pepper to taste
1 spaghetti squash, 3 pounds, boiled (page 60)
grated Parmesan cheese

1. Sauté onions, garlic and ground beef with oil, if desired, in a skillet until meat is browned.
2. Add tomatoes with liquid, tomato paste and seasonings; simmer, uncovered, 30 to 45 minutes, stirring occasionally.
3. Pull cooked squash strands out with a fork onto a platter; top with sauce and cheese.

Squash Sauté

Serves 6

2 tablespoons olive or corn oil
½ pound cooked ham, cut into strips
1 cup diced green pepper
2 scallions, cut in 1-inch pieces
1 cup fresh pea pods
2 large tomatoes, seeded and chopped
2 medium zucchini, sliced
¼ teaspoon dried leaf thyme
¼ teaspoon salt
3 tablespoons grated Parmesan cheese

1. Heat oil in a large skillet; sauté ham until slightly browned.
2. Remove ham from skillet; set aside.
3. Sauté green pepper and scallions 3 minutes; add pea pods, tomatoes, zucchini, thyme and salt.
4. Continue to cook over medium heat until vegetables are crisp-tender.
5. Return ham to skillet; heat through.
6. Transfer to serving dish; sprinkle with grated cheese.

Southern-Style Squash Casserole

Serves 8

2 slices bacon, crumbled
½ cup chopped onion
½ cup chopped green pepper
2 cups cooked squash
1 cup diced sharp Cheddar cheese
½ teaspoon celery seed
2 eggs, well beaten
3 tablespoons chopped pimiento
3 tablespoons melted butter
salt to taste
pepper to taste
½ cup hot milk
1 cup cracker crumbs

1. Brown bacon; crumble and set aside, reserving bacon fat.
2. Sauté onions in bacon fat until transparent.
3. Add green pepper to same pan; sauté lightly a few minutes longer.
4. Turn mixture into a bowl; add all remaining ingredients except crumbs.
5. Place in greased 6 × 12-inch heatproof casserole; top with crumbs.
6. Bake in preheated 350° F. oven 30 to 35 minutes.

Fresh Squash Chips

Serves 4

1 butternut squash
ice water
corn oil for deep-fat frying
salt
ground ginger

1. Peel and seed squash; slice tissue-paper thin with vegetable parer, as for potato chips.
2. Soak slices in ice water for 1 hour; drain and pat dry.
3. Fry in hot deep oil heated to 380° F. until brown; drain on paper towel.
4. Sprinkle with salt and ground ginger.

Boiled Spaghetti Squash

Serves 4 to 6

Split squash (weighing about 3 pounds), using a heavy knife. Scoop out seeds. Place, cut-side down, in a wide pan with 2 to 3 inches of water. Cover and steam 20 minutes, or bake split squash 45 minutes in pan in preheated 350° F. oven, or microwave 8 to 15 minutes on HIGH, cut-side up, in a dish with a few tablespoons of water. Pull out cooked strands with a fork. Serve buttered and seasoned, or with a zesty tomato sauce.

Sweet Potato Casserole Supreme

Serves 6 to 8

3 cups sweet potatoes
½ cup sugar
½ cup butter
2 eggs, beaten
1 teaspoon vanilla
⅓ cup milk
Topping (page 61)

1. Boil and mash potatoes.
2. Mix in sugar, butter, eggs, vanilla and milk.
3. Put in baking dish; add topping.
4. Follow final step below.

Topping

⅓ cup butter, melted
1 cup light brown sugar
½ cup flour
1 cup chopped nuts

Combine all ingredients and spread over sweet potato mixture. Bake 25 minutes in preheated 350° F. oven 30 minutes, or until nuts are golden.

Sweet Potato Gingerbread

Serves 8

1 cup sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon ground ginger
¾ teaspoon ground cloves
½ teaspoon salt
⅓ cup butter or margarine
1 cup mashed fresh sweet potatoes, cooled
½ cup sugar
¼ teaspoon baking soda
2 eggs
½ cup light molasses

1. Sift together flour, baking powder, ginger, cloves and salt; set aside.
2. Combine butter and sweet potatoes; mix well.
3. Add sugar and soda; stir until thoroughly blended.
4. Beat in eggs, one at a time.
5. Add flour mixture alternately with molasses; mix well.
6. Turn batter into greased 8 × 8 × 2-inch baking pan.
7. Bake in preheated 350° F. oven 1 hour, or until done.
8. Cool in pan 10 minutes before turning out on wire rack to cool.

Sweet Potatoes in Orange Shells

Serves 6

3 oranges
1 can (16 ounces) sweet potatoes, undrained
2 tablespoons butter or margarine, melted
3 tablespoons brown sugar, packed
½ teaspoon salt
¼ cup flaked coconut
6 miniature marshmallows

1. Squeeze oranges; reserve juice.
2. Remove membranes from orange shells.
3. Mash sweet potatoes in their liquid; blend in 3 tablespoons orange juice, butter, brown sugar and salt.
4. Stir in coconut.
5. Spoon sweet potato mixture into orange shells; place in shallow baking pan.
6. Bake in preheated 350° F. oven 20 to 30 minutes, or until lightly browned on top.
7. Top with marshmallows; bake 5 minutes longer to melt and brown marshmallows.

Fresh Cranberry & Sweet Potato Pudding

Serves 4 to 6

3 cups (1¾ pounds) mashed sweet potatoes
½ cup butter or margarine
¼ teaspoon salt
2 teaspoons grated orange rind
¾ cup sugar
2 cups fresh cranberries
½ cup fresh orange juice

1. Combine sweet potatoes, ¼ cup butter, salt and orange rind.
2. Blend in ¼ cup sugar and remaining butter.
3. Cook cranberries, remaining sugar and orange juice in a covered saucepan until skins pop.
4. Put mixture through a strainer.
5. Add strained mixture to potato mixture; mix well.
6. Turn into a buttered 1½-quart casserole.
7. Bake in preheated 375° F. oven 30 minutes, or until done.

NOTE: Serve with poultry, pork or veal.

Candied Sweet Potatoes

Serves 12

1 cup dark corn syrup
½ cup firmly packed dark brown sugar
2 tablespoons margarine
12 medium sweet potatoes, cooked, peeled and halved lengthwise

1. Bring corn syrup, brown sugar and margarine to a boil over medium heat in a small saucepan; reduce heat and simmer 5 minutes.
2. Pour ½ cup syrup into 13 × 9 × 2-inch baking dish.
3. Arrange potatoes in syrup; top with remaining syrup.
4. Bake in preheated 350° F. oven, basting often, 20 minutes, or until well glazed.

Baked Stuffed Sweet Potatoes

Serves 4

4 medium sweet potatoes
¼ cup light corn syrup
¼ cup margarine, melted
½ teaspoon salt
dash of ground cinnamon

1. Pierce each potato once with a fork; place on a cookie sheet.
2. Bake in preheated 400° F. oven 1 hour, or until tender.
3. Cut an oval in the top of each potato with a sharp knife; scoop out potatoes; reserving skins.
4. Mash potatoes in a bowl.
5. Add corn syrup, margarine and salt; stir until smooth.
6. Spoon potato mixture into skins; sprinkle with cinnamon.
7. Bake in preheated 350° F. oven 15 minutes, or until heated through.

Baked Sweet Potatoes with Orange

Serves 6

4 medium sweet potatoes (1½ pounds)
4 tablespoons brown sugar
3 medium-size navel oranges
4 tablespoons butter or margarine

1. Cook sweet potatoes in their skins until fork-tender; remove from heat and cool until they can be handled without discomfort.
2. Remove skins; slice and put a layer in a buttered 8 × 8 × 2-inch baking pan.
3. Sprinkle with 2 tablespoons brown sugar.
4. Peel and section oranges; arrange a layer over potatoes.
5. Dot with butter.
6. Repeat, using remaining ingredients.
7. Bake in preheated 350° F. oven 40 minutes.
8. Serve hot.

Fresh Tomatoes & Peas

Serves 6

3 large ripe tomatoes
salt to taste
pepper to taste
¼ cup mayonnaise
3 chopped green olives
1 tablespoon capers
1 tablespoon chopped cucumber pickle
1 cup cold cooked peas
parsley sprigs (for garnish)

1. Wash tomatoes; cut in half and sprinkle with salt and pepper.
2. Let stand 30 minutes to obtain juice.
3. Drain juice from tomatoes; add juice to mayonnaise, olives, capers, pickle and peas.
4. Heap mixture on top of tomatoes; garnish with parsley.

NOTE: Serve as a salad or a garnish for fish, potato or meat dishes.

Tomato-Mint Salad

Serves 4

3 tablespoons olive oil
3 tablespoons fresh lemon juice
¾ teaspoon salt
¼ teaspoon freshly ground black pepper
1 teaspoon minced fresh onion
⅛ teaspoon minced fresh garlic
1 teaspoon paprika
1 teaspoon finely chopped fresh mint or more if desired
3 to 4 large tomatoes, sliced
head lettuce

1. Combine olive oil, lemon juice, salt, black pepper, minced onion, minced garlic, paprika and fresh mint; beat with a rotary beater.
2. Refrigerate dressing at least 30 minutes.
3. Serve over sliced tomatoes and lettuce.

Baked Tomatoes Mediterranean

Serves 4 to 6

2 tomatoes, sliced ¼-inch thick
¼ cup packaged dry bread crumbs
2 cups (8 ounces) shredded Swiss cheese
1 medium onion, sliced
¼ pound mushrooms, sliced
1 cup half and half
3 eggs, slightly beaten
¼ cup chopped fresh parsley
2 tablespoons chopped fresh basil or 2 teaspoons dried leaf basil
1 large clove garlic, minced
½ teaspoon salt
¼ teaspoon pepper

1. Arrange sliced tomatoes in a 9-inch pie plate; sprinkle with 2 tablespoons bread crumbs and 1 cup shredded cheese.
2. Arrange onion slices and mushrooms on top of cheese; sprinkle remaining bread crumbs and cheese over mushrooms.
3. Combine half and half, eggs, parsley, basil, garlic, salt and pepper in a small bowl; pour over vegetable-cheese layers.
4. Bake in preheated 350° F. oven 40 to 45 minutes.
5. Let stand 10 minutes before serving.

NOTE: Recipe may be partially assembled in advance. Arrange vegetables and cheese in pie plate. Cover and refrigerate. Combine remaining ingredients. Cover and refrigerate. Just before baking, pour egg mixture over vegetable-cheese layers.

Fresh Tomato & Marinated Bean Combo

Serves 10 to 12

6 medium-size fresh California tomatoes
1 can (16 ounces) garbanzo beans, drained
1 can (16 ounces) red kidney beans, drained
1 package (10 ounces) frozen green beans, thawed
1 green pepper, chopped
8 ounces Swiss cheese, cubed
½ cup chopped red onion
½ cup vegetable oil
¼ cup white wine vinegar
2 teaspoons Dijon-style mustard
1 teaspoon basil, crushed
1 teaspoon salt
1 clove garlic, minced or pressed
lettuce cups

1. Core and chop 4 tomatoes; set remaining 2 whole tomatoes aside.
2. Combine chopped tomatoes, garbanzo beans, kidney beans, green beans, green pepper, cheese and onion in a large bowl.
3. Combine oil, vinegar, mustard, basil, salt and garlic in a jar with tight-fitting lid; cover and shake well.
4. Pour marinade over tomato mixture; cover and refrigerate several hours, stirring occasionally.
5. Just before serving, cut remaining tomatoes into wedges.
6. Serve salad on lettuce cups garnished with tomato wedges.

Savory Scalloped Tomatoes

Serves 8

3 tablespoons butter or margarine
1 cup diced celery
½ cup chopped onion
2 tablespoons flour
1 can (1 pound 12 ounces) tomatoes
4 teaspoons original Worcestershire sauce
1 tablespoon sugar
1 teaspoon salt
4 slices toasted white bread

1. Melt 2 tablespoons butter in a saucepan.
2. Add celery and onion; cook until tender, about 5 minutes.
3. Blend in flour; cook and stir 1 minute.
4. Remove from heat; stir in tomatoes (do not crush), Worcestershire sauce, sugar and salt.
5. Spread toast with remaining butter; cut into ½-inch cubes.
6. Stir half the bread cubes into tomato mixture; turn into a buttered 1½-quart casserole.
7. Bake, uncovered, in preheated 350° F. oven 30 minutes.
8. Top with remaining bread cubes; bake 10 to 12 minutes longer.

Helen's Green Tomato-Apple Pie

Serves 6

2 cups skinned, quartered and thinly sliced green tomatoes
boiling water
3 cups thin, peeled apple slices
⅔ cup brown sugar, firmly packed
⅓ cup granulated sugar
2½ cups flour
½ teaspoon cinnamon
⅛ teaspoon salt
pastry for two-crust pie
2 tablespoons butter or margarine

1. To peel tomatoes easily, place in boiling water 2 to 3 minutes, or until skins can easily be slipped off.
2. Combine tomatoes, apples, sugars, flour, cinnamon and salt.
3. Place in a pastry-lined 9-inch pie pan; dot with butter.
4. Adjust top crust and flute edges; cut steam vents.
5. Bake in preheated 425° F. oven 50 to 60 minutes.

Broiled Tomatoes

Serves 4

4 tomatoes, halved
½ cup fine dry bread crumbs
¼ cup melted butter
2 teaspoons original Worcestershire sauce

1. Place tomato halves under preheated broiler; broil 3 minutes.
2. Combine remaining ingredients; sprinkle over tomatoes.
3. Broil 3 minutes longer.

Tomato-Zucchini Casserole

Serves 4

1½ teaspoons chili powder
1 tablespoon parsley flakes, divided
½ teaspoon garlic powder
½ teaspoon onion powder
⅛ teaspoon salt
⅛ teaspoon ground black pepper
3 cups thinly sliced fresh zucchini
1 pound fresh tomatoes, sliced
¼ cup fresh white bread crumbs
1 tablespoon corn oil

1. Combine chili powder, 1½ teaspoons parsley flakes, garlic and onion powders, salt and black pepper in a small bowl.
2. In a lightly greased 6-cup casserole, place half the zucchini and half the tomatoes; sprinkle with half the seasoning mixture.
3. Repeat layers.
4. Combine bread crumbs, oil and remaining parsley flakes; sprinkle over vegetables.
5. Bake, uncovered, in preheated 375° F. oven about 40 minutes, or until vegetables are tender.

Wine-Glazed Tomatoes

Serves 6 to 8

3 tablespoons butter or margarine
1 tablespoon sugar
½ teaspoon seasoned salt
¼ cup rosé wine
4 large beefsteak tomatoes, cut into ⅜-inch slices
seasoned pepper to taste
1 teaspoon basil leaves

1. Melt butter in a large skillet over medium heat.
2. Add sugar, salt and wine; cook and stir until sugar melts, 4 minutes.
3. Place tomato slices in a single layer in skillet; sauté on high heat 2 minutes on each side, or until tender.
4. Arrange on serving plates; sprinkle with seasoned pepper and basil.

Tomato-Zucchini Parmesan

Serves 8 to 10

1 can (8 ounces) tomato sauce
1 can (16 ounces) tomato paste
¾ cup finely chopped onion
2 teaspoons Italian herb seasoning
1 clove garlic, minced or pressed
¼ teaspoon salt
1½ pounds zucchini, sliced ¼-inch thick
4 medium-size fresh California tomatoes, cored and sliced
½ cup Parmesan cheese
8 ounces Monterey Jack cheese, sliced

1. Combine tomato sauce, tomato paste, onion, Italian herb seasoning, garlic and salt in a medium-size saucepan; bring to a boil.
2. Reduce heat and simmer 15 minutes, stirring occasionally.
3. In a 13 × 9-inch pan, layer half of each: zucchini, tomatoes, sauce and Parmesan cheese.
4. Repeat layers.
5. Place Monterey Jack cheese on top; cover with aluminum foil.
6. Bake in preheated 375° F. oven 40 to 45 minutes, or until zucchini is tender.

Raw Turnip Salad

Serves 6

3 cups turnips, cut into julienne strips
½ teaspoon salt
2 tablespoons cider vinegar
1½ tablespoons salad oil
3 tablespoons soy sauce
1 teaspoon sugar
2 cups unpeeled, firm eating apples, cut into julienne strips
1 tablespoon toasted sesame seeds
shredded red or green pepper (for garnish)

1. Sprinkle turnips with salt; let stand 15 minutes.
2. Squeeze out excess liquid.
3. Combine vinegar, salad oil, soy sauce and sugar; add to turnips.
4. Add apples and sesame seeds; toss lightly.
5. Serve cold, garnished with shredded red or green pepper.

Grilled Garlic & Vegetables

Serves 8

8 whole heads fresh garlic
2 artichokes, trimmed and quartered
4 ears corn, halved crosswise
2 carrots, cut in 1-inch chunks
2 zucchini, cut in 1-inch chunks
1 cup butter or margarine
8 sprigs fresh rosemary or 4 teaspoons dried
½ cup sliced almonds
salt to taste
pepper to taste

1. Peel outer skin from garlic bulbs, keeping cloves intact.
2. On a double thickness of heavy-duty aluminum foil, place one whole head of garlic, one artichoke quarter, one halved ear of corn and one-eighth of the carrot and zucchini chunks.
3. Dot with 2 tablespoons butter.
4. Top with a sprig of fresh rosemary and 1 tablespoon almonds; sprinkle with salt and pepper.
5. Fold up foil and seal tightly.
6. Repeat to make 8 single-serving packets.
7. Cook over hot coals, turning occasionally, 40 to 45 minutes.

Quick Winter Vegetable Soup

Makes 2½ quarts

¼ cup butter or margarine
1 cup chopped onion (1 large)
1 cup diced celery (2 ribs)
6 cups beef stock
⅔ cup diced carrots (about 4 small)
1 cup pared, diced potato (1 large)
1 cup pared, diced turnip (1 large)
2 tablespoons chopped fresh parsley
¼ teaspoon dried leaf thyme
¼ teaspoon pepper
1 cup shredded cabbage

1. Melt butter in a large saucepan; sauté onion and celery 5 minutes.
2. Add stock, carrots, potato, turnip, parsley, thyme and pepper; bring to a boil.
3. Cover and simmer 30 minutes.
4. Add cabbage; cook 5 minutes longer.

Foiled Confetti Vegetables, Grilled

Serves 4

1½ cups corn kernels
8 cherry tomatoes, halved
½ medium green pepper, cut in strips
1 small onion, sliced
¼ teaspoon basil
salt to taste
pepper to taste
4 teaspoons butter or margarine

1. Cut four 12-inch squares of heavy-duty foil.
2. Mix together corn, tomatoes, green pepper, onion and basil; season to taste with salt and pepper.
3. Place 1 teaspoon butter on each foil square.
4. Spoon vegetable mixture evenly onto foil squares; bring 3 corners of each square together over vegetables in a pyramid shape.
5. Fold openings together loosely to allow for heat circulation and expansion; seal by folding over ends and pressing to package.
6. Grill over medium coals 20 to 30 minutes, or until tender.

Marinated Vegetables

Serves 6 to 8

2 cups corn oil
½ cup light corn syrup
½ cup lemon juice
2 teaspoons dried dill weed
2 teaspoons dried basil leaves
1 teaspoon salt
1 clove garlic, minced
½ pound green beans, trimmed
4 carrots, sliced
boiling water
ice water
1 pound new potatoes, sliced and cooked
2 zucchini, sliced
1 red onion, sliced
1 cup sliced mushrooms

1. Mix together corn oil, corn syrup, lemon juice, dill, basil, salt and garlic until well mixed in a small bowl.
2. Cook beans and carrots separately in boiling water in a saucepan 5 minutes, or until tender-crisp; drain.
3. Plunge into ice water.
4. Arrange beans, carrots, potatoes, zucchini, onion and mushrooms in a large shallow dish; pour marinade over vegetables.
5. Cover and chill several hours, or overnight.
6. Arrange vegetables on lettuce-lined platter; if desired, spoon marinade over vegetables.

Piquant Vegetable Combo

Serves 6

1 package (10 ounces) frozen broccoli spears
1 package (10 ounces) frozen cauliflower
½ cup bread crumbs
2 tablespoons butter or margarine
4 slices bacon
1 clove garlic, minced
¼ cup cider vinegar

1. Cook broccoli and cauliflower together until both are tender.
2. Brown bread crumbs in butter; set aside.
3. Meanwhile, cook bacon in a skillet until crisp; remove bacon and drain on paper towel.
4. Add garlic; sauté lightly.
5. Add vinegar.
6. Drain vegetables well; put in serving dish.
7. Pour sauce evenly over vegetables; top with bread crumbs and crumbled bacon.

Oriental Vegetables

Serves 4 to 6

1 quart spinach leaves, washed, drained and trimmed
1 medium zucchini, thinly sliced
½ cup diagonally sliced celery
1 cup shredded red cabbage
¼ pound fresh mushrooms, sliced
2 tablespoons chopped green onion
1 cup bean sprouts, rinsed and drained
3 tablespoons teriyaki barbecue marinade

1. Place spinach leaves in a wok, electric fry pan or large skillet; stir-fry until leaves are limp.
2. Add zucchini, celery and cabbage; continue cooking until crisp yet tender.
3. Drain thoroughly.
4. Add remaining ingredients; stir-fry until all vegetables are crisp yet tender and colors are still bright.
5. Serve immediately.

Pasta & Mixed Vegetables

Serves 4 to 6

½ pound small, shell-style pasta
½ cup plus 1 tablespoon olive oil, divided
2 cloves garlic, finely minced
1 green pepper, cut in julienne strips
1 red pepper, cut in julienne strips
1 medium zucchini, sliced
2 cans (6½ or 7 ounces each) tuna, drained
½ cup chopped fresh parsley
¼ cup capers, drained
1 teaspoon dried leaf thyme
1 cup halved cherry tomatoes
½ cup small, black Provençale-style olives

1. Prepare pasta according to package directions; drain.
2. Toss pasta with 1 tablespoon olive oil.
3. Heat remaining olive oil in a large skillet, sauté garlic, green and red pepper and zucchini until tender.
4. Stir in tuna, parsley, capers and thyme; cook until heated through.
5. Toss pasta with tuna mixture in a large bowl.
6. Just before serving, add cherry tomatoes and olives.

Marinated Vegetable Salad

Serves 6 to 8

1 cup bottled Italian salad dressing
3 tablespoons original Worcestershire sauce
1 package (10 ounces) frozen cauliflower, cooked and drained
1 package (9 ounces) frozen cut green beans, cooked and drained
2 cups sliced zucchini
1 green pepper, cut into strips
1 red pepper, cut into strips
1 can (3½ ounces) pitted ripe olives, drained

1. Combine salad dressing and Worcestershire sauce; set aside.
2. Combine cauliflower, green beans, zucchini, green pepper, red pepper and olives in a large bowl.
3. Pour salad dressing over vegetables; toss well.
4. Cover and refrigerate until chilled, about 1 hour, stirring occasionally.

Five-Vegetable Salad

Serves 4 to 6

2 packages (10 ounces each) frozen mixed vegetables
½ cup coarsely chopped onion
6 tablespoons oil
3 tablespoons cider vinegar
1½ teaspoons original Worcestershire sauce
¾ teaspoon salt
⅛ teaspoon coarsely ground black pepper
⅛ teaspoon sugar

1. Cook vegetables in unsalted water, following package directions; drain.
2. Stir in onion.
3. Combine remaining ingredients; mix well.
4. Pour dressing over mixed vegetables; cover and refrigerate at least 12 hours before serving, stirring occasionally.

Vegetable Quiche

Serves 6

2 small zucchini (½ pound), thinly sliced
1 scallion, sliced
1 clove garlic, minced
¼ cup butter or margarine
1 medium tomato, peeled and chopped (about 1 cup)
½ cup chopped green pepper
¾ teaspoon salt or to taste
¼ teaspoon pepper
¼ teaspoon basil
¼ teaspoon thyme
1 can (16 ounces) bean sprouts, drained, rinsed and coarsely chopped
9-inch pastry shell, partially baked, or unbaked and brushed with egg white, then dried
3 eggs
¼ cup half and half
½ cup Parmesan cheese

1. Sauté zucchini, scallion and garlic in butter 5 minutes, stirring occasionally.
2. Stir in tomato, green pepper, salt, pepper, basil and thyme; cook over low heat 10 to 15 minutes, or until vegetables are tender and liquid has evaporated.
3. Mix bean sprouts into cooked vegetables; spread evenly in pastry shell.
4. Beat eggs and half and half until mixed but not frothy; pour over vegetables.
5. Sprinkle with Parmesan cheese.
6. Bake in preheated 375° F. oven 30 to 35 minutes, or until knife inserted near center comes out clean.
7. Serve hot or cold.

Frozen Vegetables Cooked in a Packet

Cooking frozen vegetables in aluminum foil is a great way to save energy. Vegetables can cook in the oven along with a roast, stew or casserole. Since there is no pan to wash, clean-up is a breeze, and vegetables retain food value because little or no moisture is added. The suggested temperature for cooking frozen vegetables in foil is 400° F., but you can adjust cooking time when you add your packet to an oven set at a lower temperature. Place vegetables on a large sheet of heavy-duty aluminum foil; add 2 tablespoons of water, 1 tablespoon butter or margarine, salt and pepper to taste, and your favorite seasoning.

To make a packet: Bring long ends of foil together and fold over vegetables; crimp ends to form an airtight packet. We suggest you place the packet in a shallow baking dish in case the foil develops a leak. Most frozen vegetables require 45 minutes to 1 hour cooking time. Cooking in a packet is also an ideal method to use when you are cooking out of doors. Follow the same instructions, placing the packet on the grill. Be sure the flames do not touch the foil, and be sure the coals are hot and glowing before you start to cook.

Oriental Salad

Serves 8

1 package (16 ounces) Japanese vegetables (contains French-cut green beans, broccoli, mushrooms, red peppers)
2 cups sliced celery
½ cup sliced water chestnuts
¼ cup sliced green onions
¼ cup oil
4 teaspoons soy sauce
1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon ginger
⅛ teaspoon pepper
2 tablespoons sliced pimientos (for garnish)

1. Cook vegetables half the required time on package directions; drain.
2. Combine cooked vegetables, celery, water chestnuts and green onions in a large bowl.
3. Combine remaining ingredients except pimiento.
4. Pour over vegetable mixture; toss well.
5. Cover and chill at least 1 hour before serving; garnish with pimiento.

Baked Vegetable Macédoine

Serves 8 to 10

1 package (10 ounces) frozen mixed vegetables, thawed
1 package (10 ounces) frozen cauliflower, thawed
1 yellow squash, thinly sliced
1 zucchini, thinly sliced
1 potato, peeled and diced
1 cup cherry tomatoes, halved
½ cup chopped red onion
1 cup water
¼ cup oil
2 tablespoons original Worcestershire sauce
1 beef bouillon cube
2 large cloves garlic, crushed
½ teaspoon Italian seasoning

1. Place all vegetables in an ungreased 11 × 7 × 1½-inch baking pan; toss gently and set aside.
2. Combine remaining ingredients in a small saucepan; bring to a boil, stirring to dissolve bouillon cube.
3. Pour liquid over vegetables; cover tightly.
4. Bake in preheated 350° F. oven until vegetables are crisp-tender, about 1 hour, stirring once.

Vegetarian Fettucine

Serves 6 to 8

¼ cup butter
1 large eggplant, peeled and cut into 1-inch cubes
½ pound mushrooms, sliced
1 cup chopped onion
1½ pounds green beans, cut-up and cooked
1 cup bottled creamy-style Italian dressing
¾ cup half and half
½ cup grated Parmesan cheese
½ pound uncooked fettucine or egg noodles
1 teaspoon minced parsley

1. Melt butter in a large skillet; add eggplant, mushrooms and onion.
2. Cook, covered, stirring occasionally, 30 minutes, or until tender.
3. Add green beans and Italian dressing blended with half and half and cheese; heat through but do not boil.
4. Cook noodles according to package directions; drain.
5. Toss hot noodles with hot vegetable mixture; sprinkle with parsley.

NOTE: This is an interesting dish made with green noodles (spinach noodles), available in supermarkets or gourmet shops.

Milano Medley

Serves 6

1 package (16 ounces) frozen vegetables milano (contains carrots, cauliflower, green beans, zucchini and butter beans)
1 cup water
2 tablespoons corn oil
4 teaspoons cornstarch
1 tablespoon sugar
1 tablespoon instant minced onion
¾ teaspoon salt
½ teaspoon garlic salt
dash of pepper
¼ cup white vinegar
2 medium-size tomatoes, quartered
¼ cup walnut pieces
spaghetti noodles, cooked

1. Cook vegetables in ½ cup water 8 to 9 minutes; drain and set aside.
2. Combine ½ cup water, oil, cornstarch, sugar, onion, salt, garlic salt, pepper and vinegar in a medium-size skillet; cook, stirring constantly, until thickened.
3. Add reserved vegetables, tomatoes and walnuts; stir until coated with sauce.
4. Cover and cook until heated through, 1 to 2 minutes.
5. Serve over spaghetti noodles.

Vegetable-Mushroom Stew

Serves 4

¾ pound mushrooms
2 tablespoons corn oil
½ cup chopped onion
½ teaspoon minced garlic
2 ¾ cups peeled and chopped tomatoes
2 ¾ cups sliced zucchini
2 green peppers, seeded and cut into 1-inch pieces
1¼ teaspoons Italian seasoning, crushed
¼ teaspoon white pepper
2 tablespoons dry white wine

1. Rinse, pat dry and quarter mushrooms (makes about 4 cups); set aside.
2. Heat oil in a large saucepan until hot.
3. Add onion and garlic; sauté until tender, about 3 minutes.
4. Add tomatoes, zucchini, green peppers, Italian seasoning, pepper and reserved mushrooms; simmer, covered, until vegetables are tender, about 15 minutes.
5. Stir in wine; continue to simmer, covered, 2 minutes.

Summertime Spaghetti with Vegetables & Cheese Sauce

Serves 4 to 6

2 tablespoons corn oil
1 zucchini, sliced
1 cup broccoli flowerets
2 cups sliced fresh mushrooms
1 cup peas
1 teaspoon salt
½ teaspoon Italian seasoning
¼ teaspoon instant minced garlic
1 package (8 ounces) thin spaghetti
Cheese Sauce
grated Parmesan or Romano cheese (optional)

1. Heat oil in a large skillet.
2. Add zucchini, broccoli, mushrooms, peas, salt, Italian seasoning and minced garlic; stir constantly, until tender-crisp.
3. Cover and keep warm.
4. Cook pasta according to package directions.
5. Combine Cheese Sauce and vegetables; heat through.
6. Serve over spaghetti with grated Parmesan or Romano cheese, if desired.

Cheese Sauce

2 tablespoons butter or margarine
2 tablespoons flour
1½ cups milk
1 chicken-flavored bouillon cube
½ cup diced American cheese

1. Melt butter; blend in flour.
2. Gradually add milk and bouillon cube; stir and bring to a boil.
3. Remove from heat; add cheese, stirring until melted.

Mixed Garden Vegetable Bake

Serves 8

6 ears fresh corn
6 small zucchini, sliced ¼-inch thick
4 medium tomatoes, quartered
1 green pepper, thinly sliced
1 Bermuda onion, sliced and separated into rings
¼ cup butter, melted
1 tablespoon flour
1 teaspoon salt
1 teaspoon sugar
white pepper to taste
1 teaspoon chili powder
1 to 2 tablespoons grated Parmesan cheese

1. Cut corn off cobs with a sharp knife; use back of knife to scrape cobs.
2. Combine corn and other vegetables.
3. Heat butter in a small pan; stir in flour until smooth.
4. Add salt, sugar, pepper and chili powder.
5. Mix thoroughly with vegetables; pour into a greased 2-quart casserole.
6. Dust Parmesan cheese on top.
7. Bake in preheated 325° F. oven 1½ hours.

NOTE: Casserole can be prepared ahead of time and refrigerated.

Watercress & Endive Salad

Serves 4

2 heads Belgian endive
1 bunch fresh watercress
½ cup crumbled feta cheese
¼ cup chopped pecans
3 tablespoons vegetable oil
1 tablespoon freshly squeezed lemon juice
¼ teaspoon salt
⅛ teaspoon pepper

1. Cut endive into 2-inch pieces.
2. Tear watercress into bite-size pieces.
3. Arrange endive and watercress on salad plates; top with cheese and pecans.
4. Combine oil, lemon juice, salt and pepper; serve over salad.

Saucy Orange Yams

Serves 12

3 cans (17 ounces each) yams, well drained
1 can (6 ounces) frozen orange juice concentrate, thawed
½ cup light corn syrup
¼ cup firmly packed brown sugar
2 tablespoons margarine
orange slices (optional garnish)

1. Arrange yams in a single layer in a 13 × 9 × 2-inch greased baking dish; set aside.
2. Cook orange juice concentrate, corn syrup, brown sugar and margarine in a large skillet over medium heat until boiling; boil 10 minutes, or until thick and syrupy.
3. Pour sauce over yams.
4. Bake in preheated 325° F. oven, basting frequently, 20 to 25 minutes, or until heated.
5. Spoon into serving dish.
6. If desired, garnish with orange slices.

Carolina Yam Bread

Makes 1 loaf

1½ cups all-purpose flour
1½ teaspoons baking soda
½ teaspoon salt
¼ teaspoon ground cinnamon
¾ cup sugar
2 eggs, lightly beaten
½ cup vegetable oil
1 teaspoon pure vanilla extract
1½ cups grated North Carolina yams
1 cup chopped pecans

1. Combine flour, baking soda, salt and cinnamon in a large bowl.
2. Combine sugar, eggs, oil and vanilla in a small bowl; mix well.
3. Add egg mixture to dry ingredients; stir only until ingredients are blended.
4. Stir in yams and nuts.
5. Pour into a well-greased and floured 9 × 5-inch loaf pan.
6. Bake in preheated 350° F. oven 1 hour.
7. Cool 10 minutes; remove from pan and cool completely on wire rack.

North Carolina Home-Fried Yams

Serves 4

4 medium-size North Carolina yams (about 2¼ pounds)
3 tablespoons butter or margarine
3 tablespoons chopped onion
3 tablespoons chopped parsley
¼ teaspoon salt
dash of pepper

1. Wash and dry yams; prick with a fork.
2. Bake yams in preheated 400° F. oven 45 to 55 minutes until soft.
3. Cool yams to room temperature; chill thoroughly.
4. Peel and slice yams crosswise approximately ¼-inch thick; cut each slice into quarters.
5. Melt butter in a large skillet over medium heat; sauté yams 5 minutes, or until lightly brown. (Do not stir.)
6. Turn yams and cook 3 minutes longer.
7. Add onion, parsley, salt and pepper; cook, stirring occasionally, 2 to 3 minutes until onion is tender.

Scalloped Zucchini Squash with White Sauce

Serves 6

6 cups thinly sliced zucchini squash
1 cup boiling water
¾ cup Medium White Sauce
2 eggs, beaten
1 teaspoon salt
½ teaspoon original Worcestershire sauce
1 teaspoon minced onion
¼ cup fine dry bread crumbs
1 tablespoon butter or margarine, melted

1. Cook squash in boiling water until tender, about 5 minutes; drain.
2. Stir a little Medium White Sauce into beaten eggs; then gradually stir eggs into remaining sauce.
3. Stir in salt, Worcestershire sauce, onion and cooked squash.
4. Put in greased 1-quart casserole.
5. Mix bread crumbs with butter; sprinkle over squash mixture.
6. Bake in preheated 325° F. oven 35 minutes.

Medium White Sauce

1 tablespoon butter
2 tablespoons flour
¼ teaspoon salt
1 cup milk

1. Melt butter in a heavy saucepan; blend in flour until smooth.
2. Add salt.
3. Add milk slowly, stirring rapidly to prevent lumping.
4. Bring mixture to a boil, stirring constantly; reduce heat and cook 1 minute, stirring constantly.
5. Remove from heat.

Zucchini Bake

Serves 4 to 6

¼ cup light corn syrup
2 tablespoons corn oil
2 cloves garlic, minced
dash of salt
1 pound zucchini, sliced

1. Stir corn syrup, corn oil, garlic and salt in a 11 × 7 × 2-inch baking dish.
2. Add zucchini; toss to coat well.
3. Bake in preheated 375° F. oven, stirring occasionally, 35 minutes, or until fork-tender.

Zucchini Crunch

Serves 4

1 pound zucchini, sliced
1 tablespoon original Worcestershire sauce
4 tablespoons butter or margarine
pine nuts

1. Combine zucchini, Worcestershire sauce and butter in a saucepan; cook, covered, 12 minutes.
2. Remove to platter; sprinkle with toasted pine nuts.

Zucchini-Tomato Shashlik

Serves 4

1 medium green zucchini, cut into chunks
1 medium golden zucchini or other yellow summer squash, cut into chunks
8 cocktail tomatoes
1 green pepper, cut into small squares
4 medium onions, quartered
1 cup bottled Italian dressing

1. Marinate all vegetables in dressing at least 1 hour.
2. Arrange vegetables on skewers; grill over charcoal 20 minutes, or until tender.

NOTE: Great with barbecued steaks or fish!

Fresh Herbed Zucchini

Serves 6

2 pounds zucchini
2 tablespoons olive oil
1 teaspoon seasoned salt
½ teaspoon seasoned pepper
½ cup snipped fresh mint

1. Cut zucchini in half crosswise; cut into eighths lengthwise to form long sticks.
2. Heat oil in a large skillet; saute zucchini in oil over medium heat, stirring frequently, 10 minutes.
3. Sprinkle with seasoned salt, seasoned pepper and mint; cook 10 minutes longer, or until crisp-tender.

Zucchini Squash Sauté

Serves 6

3 tablespoons corn oil
¾ pound zucchini squash, diced
¾ pound yellow squash, diced
½ cup chopped onion
1 clove garlic, crushed
1 cup diced tomatoes
1 tablespoon original Worcestershire sauce
1 tablespoon tomato paste
1 tablespoon salt

1. Heat oil in a large skillet.
2. Add zucchini and yellow squash, onion and garlic; sauté 3 minutes, stirring carefully.
3. Combine and add remaining ingredients; simmer, covered, until vegetables are crisp-tender, about 8 to 10 minutes, stirring occasionally.

Cheddar Zucchini Supreme

Serves 6

2 tablespoons butter or margarine
6 cups thinly sliced fresh zucchini
1 teaspoon salt
⅛ teaspoon pepper
dash of garlic salt
1 can (8 ounces) tomato sauce
1 cup shredded Cheddar cheese, divided

1. Melt butter in a medium-size skillet.
2. Add zucchini, salt, pepper, garlic salt and tomato sauce; heat 10 minutes, stirring occasionally.
3. Add ½ cup cheese; stir until cheese is melted.
4. Pour into greased 1½-quart casserole; sprinkle with remaining cheese.
5. Bake in preheated 375° F. oven 20 minutes.

Cheese-Garlic Butter with Variations

Makes ½ cup

½ cup softened butter or margarine
¼ teaspoon garlic powder or few drops pressed garlic
¼ cup grated Parmesan cheese
dash of paprika (optional)

Combine all ingredients; spoon over vegetables.

Chili-Olive Butter (Variation)

Stir together ½ cup softened butter or margarine, ¼ teaspoon chili powder and tablespoons minced pitted ripe olives.

Chive Butter (Variation)

Stir together ½ cup softened butter, 1 tablespoon minced chives and 2 teaspoons origina Worcestershire sauce.

Herb Butter (Variation)

Stir together ½ cup softened butter, 1 teaspoon fresh lemon or lime juice, ½ teaspoon prepared mustard, ½ teaspoon basil leaves and ⅛ teaspoon original Worcestershire sauce. Add a dash of garlic powder, mixing well.

Dill Butter (Variation)

Stir together ½ cup softened butter, 2 teaspoons dill weed and 1 teaspoon onion salt.

Piquant Sauce

Makes 2 cups

1 package (8 ounces) cream cheese
½ teaspoon salt
⅛ teaspoon white pepper
¼ teaspoon dry mustard
⅛ teaspoon cayenne
2 eggs
2 tablespoons lemon juice
½ cup dairy sour cream

1. Cream the cream cheese at room temperature.
2. Add salt, pepper, mustard and cayenne.
3. Beat in eggs, one at a time; add lemon juice and sour cream, mixing well.
4. Heat thoroughly in double boiler over simmering but not boiling water, stirring often.
5. Serve over asparagus, green beans, broccoli or artichokes.

Dill Sauce

Makes 1½ cups

2 tablespoons butter
1 tablespoon flour
⅛ teaspoon white pepper
1 teaspoon chicken broth
½ cup water
1 cup dairy sour cream
1 tablespoon dill weed

1. Melt butter.
2. Add flour, white pepper, broth and water; cook over low heat, stirring, until mixture thickens.
3. Remove from heat.
4. Stir in sour cream and dill; heat but do not boil.
5. Serve over boiled potatoes, broccoli, green beans, cauliflower, peas, asparagus or carrots.

Polonaise Sauce for Vegetables

Makes about ½ cup

¼ cup butter
¼ cup fine bread crumbs
1 tablespoon lemon juice
pinch of salt

1. Melt butter in a small saucepan.
2. Add bread crumbs, lemon juice and salt; heat until golden brown.
3. Pour over vegetables.
4. Especially good on broccoli, green beans, cauliflower, brussels sprouts and carrots.

Asparagus Sauce

Serves 4 to 6

2 egg yolks
1 tablespoon tarragon vinegar or lemon juice
1 cup dairy sour cream
½ teaspoon salt
½ teaspoon paprika
1 teaspoon Angostura aromatic bitters

1. Place egg yolks, tarragon vinegar and sour cream in top of a small double boiler; stir over gently boiling water until sauce begins to thicken.
2. Beat in salt, paprika and Angostura aromatic bitters.
3. Place asparagus on heated platter and pour sauce over the stalks. ter and pour

Cucumber Sauce

Makes 1 pint

1 cup finely chopped, peeled cucumbers
½ cup heavy cream
2 tablespoons cider vinegar
¼ teaspoon salt
1/16 teaspoon ground white pepper
½ teaspoon paprika

1. Drain cucumbers well; set aside.
2. Beat cream until thick but not stiff.
3. Gradually beat in vinegar; beat until cream stands in soft peaks.
4. Fold in drained cucumbers, salt, white pepper and paprika.
5. Serve over molded fish or egg salads.

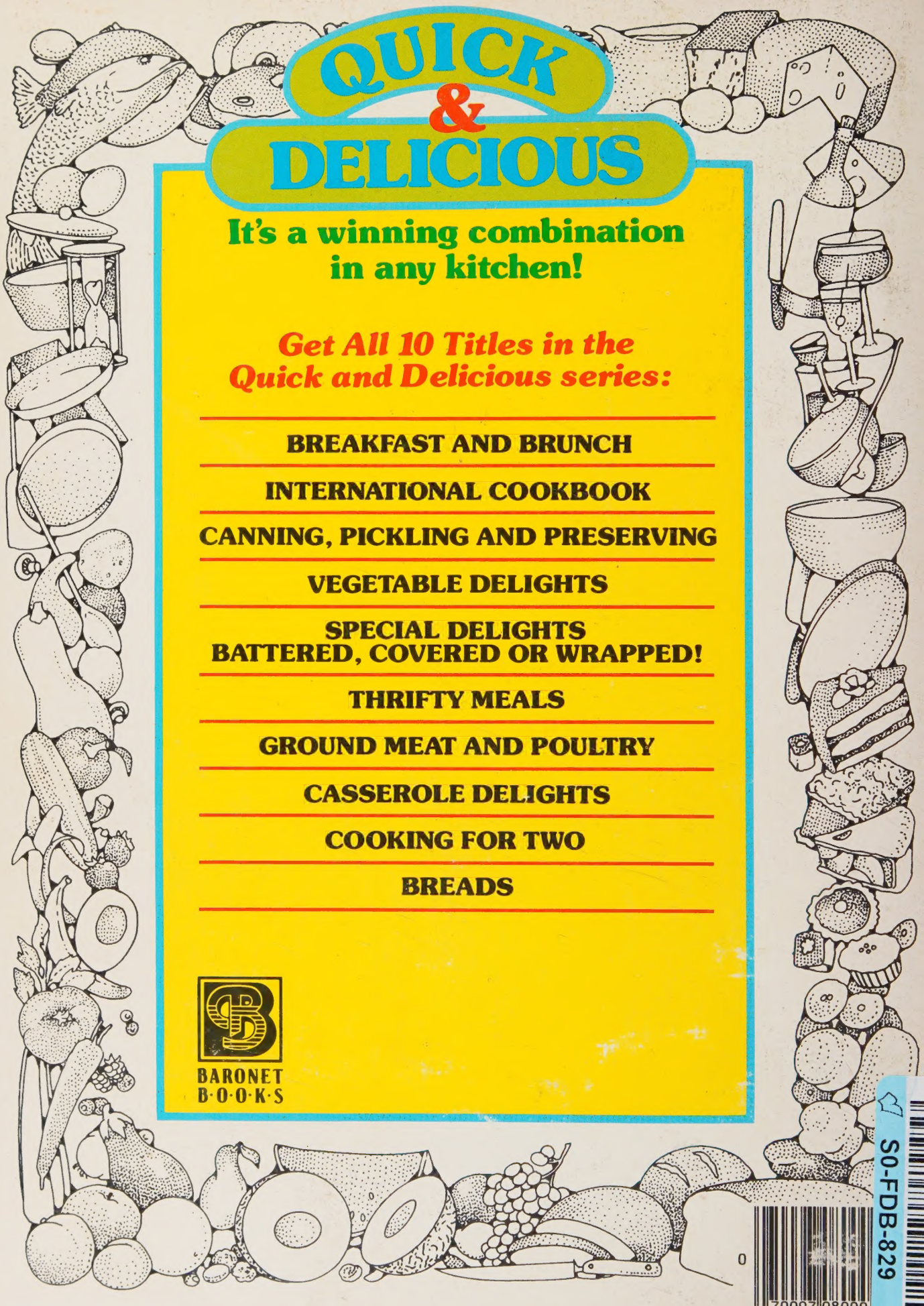
Mustard Sauce for Broccoli, Microwaved

Makes about 1 cup

1 can (10½ ounces) chicken gravy
¼ cup pimiento strips
2 teaspoons prepared mustard

1. Combine all ingredients in a 2-cup glass measure; cover with plastic wrap.
2. Microwave on HIGH 3 to 4 minutes, or until hot.
3. Let stand, covered, 2 minutes.
4. Serve over cooked asparagus or broccoli.

NOTE: Deliciously simple and a great way to dress up a green vegetable!



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